

# Influenza



The flu (influenza) is a contagious disease that can be severe. Almost every year, the flu causes disease in millions of individuals, hundreds of thousands get hospitalized, and thousands die because of the flu.

## Taking steps to prevent the flu:

- **Get a flu vaccine each year.** Everyone 6 months of age and older is eligible for a flu vaccine. Please contact your doctor, pharmacy, or the health department at 908-219-7473 if you still need to get a flu shot this season.
- **Avoid close contact with sick people.** Avoid touching your eyes, nose, and mouth, wash your hands frequently, and disinfect surfaces that may be contaminated with the flu virus.

## If you do catch the flu:

- Take antiviral drugs if prescribed by your doctor: Antiviral drugs can alleviate the symptoms and shorten the duration of the disease. They can prevent severe complications from the flu, such as pneumonia.

## To find [vaccinations](#).

For more information, visit the resources below:

## Supporting Documents

CDC Fight the Flu Flyer 3.04 MB

CDC Treating the Flu High Risk Individuals 364.5 KB

CDC Fight the Flu 249.49 KB

## Related Links

- [CDC: Protect Your Family — Get Your Flu Shot](#)