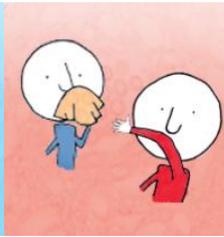


FIGHT THE FLU

Get Vaccinated



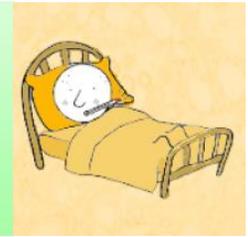
Cover Your Cough



Wash Your Hands



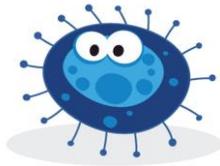
Stay Home If Sick



The Flu is Back!

In Boston, flu (influenza) season usually runs from October through March. Flu is caused by a virus that infects the nose, throat, and lungs, and can be passed from person to person. Anyone can get sick with flu, but illness is often worse in young children, the elderly, pregnant women, and people with other medical problems. Are you ready for the flu season? Talk to your health care provider to get your family vaccinated!

Boston's 2018-2019 Influenza Season in Review:



- 3,852 cases were reported (*compared to 4,138 in 2017-2018*)
- 588 cases were hospitalized (*compared to 772 in 2017-2018*)
- 9 died (*compared to 19 in 2017-2018*)
- At the peak, 2.82% of all emergency room visits were due to influenza-like illness (fever and a cough or sore throat)

Keep Boston Healthy this Flu Season!

Share these tips to help prevent the spread of flu:



- **Everyone 6 months and older** should get a flu vaccine every year. When more people get vaccinated against the flu, less flu can spread through the community!
- **Cover your nose and mouth** with a tissue every time you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve.
- **Clean your hands** often with soap and water or an alcohol-based hand cleaner.
- **Clean surfaces** in your home regularly with a household cleaner.
- **Avoid close contact** with people who are sick when possible.
- **Stay home when you are sick.** A person with the flu should stay home for 24 hours after their fever has gone away without the use of fever reducing medicine. For most people, this will be a minimum of 4 days. Avoid close contact with people who are sick, if possible.

For more information, visit:
www.bphc.org/flu



Boston Public Health Commission
Infectious Disease Bureau
1010 Massachusetts Avenue,
Boston, MA 02118
(617) 534-5611 or
www.bphc.org/IDB