

# Influenza Essentials

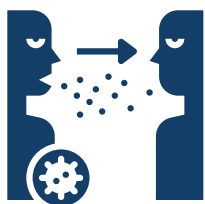
INFECTION  
PREVENTION  
RAPID RESOURCES

Flu is caused by a virus that can infect a person's nose, throat, and sometimes lungs

## HOW DOES FLU SPREAD?

When someone who has the flu talks, breathes, sneezes, or coughs, they produce tiny droplets that are too small to see.

**You can get flu if you:**



Breathe in flu-filled droplets



Touch your face after touching flu-filled droplets on door, countertop, etc.



You can spread flu before you know you are sick



Scan the QR code for more on flu spread and symptoms

## WHO IS AT MOST RISK?

27-54 million people in US had the flu in the '22-23 flu season\*

Flu can make you very sick. Sometimes it can also cause ear infections, pneumonia, and even death\*.

Some people are more likely to get very sick from the flu virus, including\*:

- Older and younger people
- Those with chronic health problems
- Those who live in group settings
- Some people in certain racial & ethnic minority groups



Scan the QR code for more about flu & high risk groups

## PREVENT FLU



Get your flu vaccine every year



Keep your hands clean



Practice good cough etiquette



Stay home from school or work when you are sick



Wear personal protective equipment (PPE)



**PROJECT  
FIRST LINE**  
CDC's National Training Collaborative  
for Healthcare Infection Prevention & Control



**HAI&AR**  
Healthcare-Associated Infections &  
Antimicrobial Resistance Program  
VIRGINIA DEPARTMENT OF HEALTH

\* References [www.vdh.virginia.gov/haiair/education-training/](http://www.vdh.virginia.gov/haiair/education-training/)