

# flu near you

## Help Track the Flu in Your Community!

There's a simple way for families to stay healthier this flu season—it's called Flu Near You. The website and mobile app are all about empowering people to help identify flu-like symptoms in your area to help track illness so people can take measures to prevent catching the flu.

To become a part of this new way to help track the flu, all you need to do is sign up at [www.FluNearYou.org](http://www.FluNearYou.org) or download the mobile app "Flu Near You." Each week, you will get an email asking if you have experienced flu or related symptoms. It takes just a couple of seconds to respond and you are done.

By telling us how you're doing weekly, you are helping to track flu activity in your community. Flu Near You analyzes all the data and identifies patterns of the disease on both a local and national level.

Results are charted on the Flu Near You map. It's a super-local, super-fast way to know where flu-like illness is occurring near you. The Flu Near You website also connects you to local health resources, such as where you can get vaccinated.

