Each year, between 290,000 and 650,000 people die from flu-related RESPIRATORY CAUSES.

The Flu (influenza) is a VIRAL INFECTION that primarily affects the nose, throat, bronchi and occasionally the lungs. Most people recover in one to two weeks without the need for medical treatment. However, for CHILDREN, PREGNANT WOMEN, OLDER ADULTS, and PEOPLE WITH SUBJACENT ILLNESSES, the flu can lead to serious complications, cause pneumonia or result in death.

Sudden high fever
Muscle aches and pains
Headache
Significant general malaise
Dry cough
Sore throat
Congestion

The virus is EASILY TRANSMITTED from person to person by droplets and small particles expelled by coughing or sneezing at distances of less than 1 meter. Influenza usually spreads rapidly in SEASONAL EPIDEMICS.

ANNUAL VACCINATION IS THE MOST EFFECTIVE AND SAFEST WAY TO PROTECT against influenza and serious complications in at-risk groups.

1 DOSE EACH YEAR AT THE BEGINNING OF THE FLU SEASON FOR CHILDREN FROM 6 MONTHS OF AGE.

Pregnant women, throughout pregnancy
Older adults
People with underlying illnesses
Health care workers

2 DOSES at least 4 weeks apart for CHILDREN FROM 6 MONTHS OF AGE.

For more information, visit: www.paho.org/immunization