



## ***What You Need to Know***

- Frequent [hand washing](#) and [covering coughs](#) are the best protection against the spread of this disease. Alcohol-based disinfectants or wipes may be used to [clean hands](#) and hard surfaces.
- If you experience [symptoms](#) of influenza like illness – STAY HOME. Avoiding contact with others will limit the spread of disease. Do not [return to work](#) until you are fever-free for at least 24 hours without the use of fever-reducing medicines.
- Typical [symptoms](#) of influenza include fever, cough, sore throat, stuffy or runny nose, body aches, headache, chills, and fatigue. Public health authorities have reported some confirmed cases in which those infected also experienced vomiting or diarrhea.
- Young adults, [small children](#), [pregnant women](#), and people with underlying health or medical conditions, including asthma, emphysema, pulmonary edema, [heart disease](#), diabetes, [HIV/AIDS](#), and obesity are at greater risk of infection and serious complications.
- Some older adults (age 50 and over) may have limited immunity due to exposure to similar virus strains when they were younger.
- Public health authorities have developed [guidelines](#) for administering vaccinations to vulnerable populations on a risk prioritized basis.

When a [new vaccine](#) becomes available it will be administered in addition to the seasonal influenza vaccine already available. Vulnerable individuals should plan to receive both vaccine courses.