The flu is a contagious illness caused by flu viruses that infect the nose, throat, and lungs. EVERYONE is at risk for getting the flu!

- The best way to prevent the flu is to get a flu vaccine each year. The flu season can last into the spring, so getting your flu shot in October gives you the best protection for the whole season.

- Ask for the quadrivalent vaccine, which protects against an additional strain of the flu compared to the trivalent.

- EVERYONE needs to be vaccinated – to protect themselves, as well as their loved ones, coworkers and those around them!

- The flu can cause serious health problems especially in children younger than age 2, adults 65 and older, and adults and children who already have health conditions.

- Handwashing is extremely important! Wash your hands often with soap and water. If you don’t have soap and water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Make your plan NOW to protect yourself and others! Talk to your health care provider for more information and guidance.

For resources and more information, visit the Carroll County Health Department website at cchd.maryland.gov/flu and Carroll Hospital’s website at CarrollHospitalCenter.org/seasonal-flu