It’s the “**Flu Season**” in Cattaraugus County!

**What is “the Flu?”**

- Infection caused by a virus that affects nose, throat and lungs
- Affects everyone
- Can cause death
- Each year there may be different types of the same virus causing disease
- You can prevent it by _getting the vaccine!_

**When is the Flu season?**

- Starts in October and ends in May
- **Peak:** December-February
- Sometimes it is mild and at other times severe!
- Flu vaccine may not always be a perfect match, but it can protect!

**Who should take the vaccine?**

⇒ Recommended: **Everyone 6 months and older**
⇒ Talk to your doctor for what is best for your family
⇒ Visit: [https://www.cdc.gov/flu/protect/whoshouldvax.htm#egg-allergy](https://www.cdc.gov/flu/protect/whoshouldvax.htm#egg-allergy)

**What are the signs of the Flu?**

- Fever/chills
- Cough
- Sore throat
- Runny /stuffy nose
- Muscle/body aches
- Headaches
- Tiredness
- Vomiting/diarrhea (mostly in children)

**Can I spread it?**

- **YES!**
- Through Coughing, Sneezing, Talking, Touching
- You can spread the flu before you know you are sick and upto 7 days after you become sick.

*Did you know? NY State has an ANTI-FLU Campaign!*  
Follow **THE CAMPAIGN TO IMMUNYZE ALL NEW YORKERS:**  
WEBSITE: [www.immunyze.org](http://www.immunyze.org) ; FACEBOOK: [www.facebook.com/immunyze](http://www.facebook.com/immunyze)
How can I Prevent the Spread of the Flu?

GET THE FLU VACCINE!

- LIMIT CONTACT with sick people
- TAKE THE MEDS that your doctor gives you
- STAY HOME for at least 24h after fever is gone
- DON'T TOUCH!—your eyes, nose or mouth!
- COVER! Use tissues to cover your cough and sneeze. If you don’t have tissues, sneeze into your upper sleeve or elbow
- WASH! Your hands with soap and water or an alcohol-based hand rub
- CLEAN IT UP! Wipe all surfaces with a disinfectant!

For more information, visit: www.cdc.gov/flu

PAY ATTENTION TO YOUR PUBLIC HEALTH OFFICIALS!

Listen to advice and information shared on the
Website: www.cattco.org/health  OR  Media: newspaper, radio or TV

Use the Flu Vaccine Finder to find a location near you!

In Cattaraugus County, contact the Health Department Clinic for FLU vaccine information:

716-701-3422

www.nysacho.org

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