

Influenza (Flu)

A respiratory virus. In fall and winter, tens of millions of Americans get sick with it.

Can spread before symptoms start. Someone who feels fine can pass it on, including to people at high risk.

Causes fever, chills, body aches, and exhaustion. Usually a few days to two weeks of misery.

Heart disease, asthma, and diabetes make it more dangerous. Serious complications are more common.

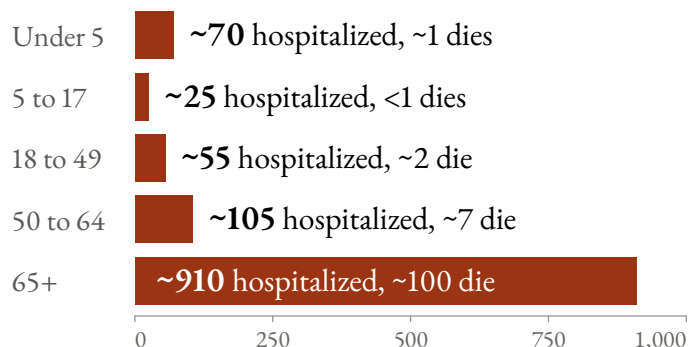
Pregnant women are at higher risk. Hospitalization is more likely; severe cases are linked to premature birth.

Can trigger heart attacks. In the week after flu infection, heart attack rates are several times higher.

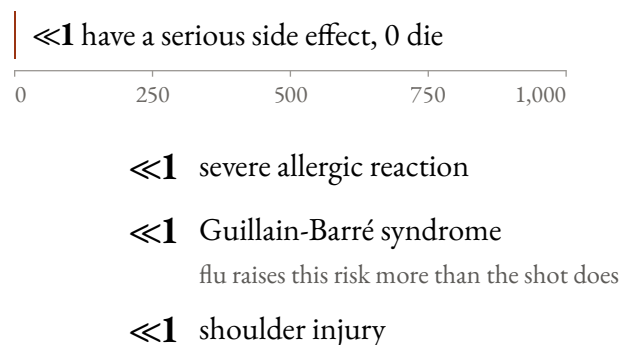
Kills tens of thousands in most years. Mainly people 65 and older, but healthy children also die.

The shot cuts the risk of flu by about 40% in a typical year. Those who catch it anyway tend to get less sick.

Of 10,000 people who get the flu*



Of 10,000 people who get the flu shot



* Based on CDC estimates for a typical season, 2010 to 2025.

A minor sore arm, aches, or fatigue for a few days is common.

<<1 means much less than one: a few per million each.



Scan for a short guide and a
private, no-judgment conversation.
calyptahealth.com/ask/flu

This sheet and its sources:
calyptahealth.com/sheets/flu