

What is Influenza (Flu)?

Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and may lead to serious complications.

Symptoms of the Flu

Symptoms often come on suddenly and may include:

- Fever (not all individuals will have a fever)
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Body aches
 - Headache
 - Chills
 - Fatigue
 - Vomiting and diarrhea (more common in children)
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How the Flu Spreads

The flu spreads mainly through droplets when an infected person coughs, sneezes, or talks. It may also spread by touching surfaces contaminated with the virus and then touching the mouth, nose, or eyes.

Additional Official Information

For more information about influenza, including prevention and vaccination recommendations, please visit:

- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/flu>
- Florida Department of Health:
<https://www.floridahealth.gov/diseases-and-conditions/influenza/>