

Influenza (flu) is a contagious lung infection that causes fever, cough, sore throat and muscle aches. Influenza can occur year round. It is most common in the winter. Vaccination is the best way to protect against influenza. This year's flu vaccine will protect you throughout the flu season. Flu vaccine can be given in as a needle injection or in a nasal spray, called FluMist. The nasal spray is for healthy people between 2 and 49 years old.

Where can I get a flu vaccine?

- Get a flu vaccine from your family doctor or primary care provider.
- Many pharmacies offer flu vaccine for adults.
- Health Department immunization clinics offer flu vaccines at no cost. New York City Health and Hospitals Corporation facilities also offer flu vaccines at no or low cost.
- For more information about where to get vaccinated, call **311**, or visit **nyc.gov** and search for **flu**.

The flu vaccine is particularly important for individuals in these groups:

- Pregnant women
- Children younger than 5 years
- People age 50 and up
- People who live in nursing homes and other long-term care facilities
- People with certain long-term health conditions, including:
 - Diabetes, Lung disease, including asthma, Heart disease, Sickle cell anemia
 - Weakened immune system (such as from HIV or cancer treatment)
- People who are very overweight (a Body Mass Index of 40 and over)

Other individuals

Seizure, nerve and muscle and other disorders that may cause breathing problems

Persons who live with or care for persons at high risk of complications, including:

People who live with or care for infants younger than 6 months who are too young to be vaccinated.

Health care workers

Everyday actions to prevent the spread of influenza and other infections:

Cover your mouth and nose when you cough or sneeze.

Use a tissue or the inside of your elbow — not your hand.

Wash your hands often with soap and water. Or use an alcohol-based hand cleaner.

Don't get too close to people who are sick.

If you get sick yourself, avoid close contact with other people.

Stay home from work or school until your fever has been gone for at least 24 hours, without fever-reducing medicine.



For more information about the flu and vaccines, visit the Center for Disease Control's website: www.cdc.gov/flu or [CUNY's Flu Resources page](#).