Healthy adults may be able to infect others beginning 1 to 2 days before symptoms develop. You may be able to pass on the flu to someone else before you know you are sick. Most people are contagious from 1 day before symptoms develop and for up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Control and Prevention (CDC) recommend that everyone 6 months or older get a flu vaccine. The flu vaccine is made from a dead, inactivated virus, so it can not prevent the flu. However, you can develop antibodies in your body to fight the flu. If you get the latest shot/spray. These vaccines protect against infection.

### Prevention

To prevent transmission of the virus by constantly washing your hands with soap and water.

1. Wet your hands with clean running water and apply soap. Use warm water if it is available.
2. Rub hands together to make a lather, and scrub all surfaces. (Avoid placing your hands under the water while you do this, or you will wash the soap away before you’re finished scrubbing.)
3. Continue rubbing hands for 15 to 20 seconds. Need a timer? Imagine singing "Row, Row, Row Your Boat." It takes 10 seconds to sing this verse.
4. Rinse hands under cold and running water.
5. Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet and open the bathroom or restroom door. This prevents you from touching the doorknob. Wash your hands before, and after, using the bathroom to prevent spreading germs.

### Fact or Fiction:

- **Fact**: It is important to wash your hands frequently with soap and water.
- **Fiction**: Using hand sanitizer is not as effective as washing your hands with soap and water.

### What if I Get the Flu?

### OTC Medicine

- **Fact**: There are drugs that can treat flu illness. They are called antiviral drugs. They help prevent serious flu-related complications, like pneumonia.
- **Fiction**: Taking vitamin C and eating chicken soup will prevent the flu.

### Rest

- **Fact**: Get plenty of rest.
- **Fiction**: You can still get the flu if you take a nap.

### Fluids

- **Fact**: Drink lots of fluids.
- **Fiction**: Drinking water will make you better faster.

### Avoid Alcohol

- **Fact**: Avoid alcohol.
- **Fiction**: Alcohol helps you get better faster.

### Stay at Home

- **Fact**: Stay at home.
- **Fiction**: You can still get the flu if you take a trip.

### Cover your Nose & Mouth

- **Fact**: Cover your nose and mouth when you cough or sneeze.
- **Fiction**: Covering your nose and mouth with your hands will prevent the flu.

### Flu Vaccine

- **Fact**: Get vaccinated every year.
- **Fiction**: You can get swine flu from eating pork.

### Swine Flu

- **Fact**: Swine flu is a flu strain that has moved from pigs to humans. Now it can only be transmitted from person to person and not from pig to person, so you can’t get of it from eating pork.
- **Fiction**: Swine flu is a type of flu that has moved from pigs to humans.

### Sources


### Facts & Figures

- **Fact**: Each year an average of 5,000 people die from the flu in the U.S.
- **Fact**: 132,800 people are hospitalized because of the flu each year.
- **Fact**: 200,000 colds usually don't result in serious health problems, and includes symptoms such as intense fever, body aches, cough, and runny or stuffy nose. The flu is more severe and includes symptoms such as intense fever, body aches, cough, and runny or stuffy nose.