

How to Fight the Flu



Children's Hospital
Colorado

Also known as influenza, the flu is a highly contagious viral infection of the respiratory system. And anyone who's had it knows it isn't fun. The best way to fight the flu is to get a flu shot. All adults and children older than 6 months should get one every year.

Does a flu shot work?



Yes. It's the best protection method out there. The flu virus does change from year to year, and a flu shot will not always prevent the flu. But getting the shot means your symptoms will be milder, and the illness period will be shorter.

How do I get a flu shot?



Talk to your doctor about available options or visit colorado.gov/cdphe/get-vaccinated to find a low or no-cost service provider near you.

When sharing isn't caring

We'll say yes to sharing a basket of cheese fries all day. But one thing we don't want to share? Your flu virus. If you get the flu, here are a few ways to stop the spread:

- Wash your hands often
- Avoid close contact with people
- Stay home for as long as possible
- Cover your mouth and nose to cough or sneeze

Signs and symptoms of the flu

The flu is often confused with the common cold, but flu symptoms tend to develop quicker and are usually more severe than the typical sneezing and congestion of a cold. Flu symptoms can include:

- High fever
- Cough
- Sore throat
- Body aches
- Chills
- Fatigue
- Headache
- Runny nose
- Vomiting

