

# FactSheet

Para Su Información

## Influenza or “the Flu”

The flu is a contagious respiratory infection caused by the influenza virus. It can cause mild to severe illness, and at times, even death. Seasonal flu season typically begins in November, peaks in January or February and lasts until March. It is spread when infected people cough or sneeze.

### Facts about flu

Every year in the United States, on average:

- 5 to 20 percent of the population gets the flu
- More than 200,000 people are hospitalized due to the flu
- Approximately 36,000 people die from flu complications

### Symptoms

- Fever (usually high)
- Headache
- Fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches

- Stomach symptoms (nausea, vomiting and diarrhea) are more common in children

### Information for employers

- Sick time averages 3-5 days, and people often state they do not feel themselves for up to 2 weeks.
- Flu is the main reason people miss work in the fall and winter.
- Flu viruses thrive in an office environment.
- One study showed that flu vaccine in healthy working adults can reduce sick time by 35-40 percent.

### Prevention

The best protection is an annual flu vaccination, which takes two weeks to become effective. Many healthy adults infect others one day before symptoms develop and up to five days after becoming sick.

### For more information

Contact the Workplace Vaccination Program at (702) 759-0878 or [WPV@snhdmail.org](mailto:WPV@snhdmail.org); or visit [www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org).



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