

JUST HOW COMMON IS THE FLU?

The flu is a common respiratory illness – but just how prevalent is it? Here are the numbers from the 2019-2020 flu season.

6.4 MILLION

Reported Illnesses

55,000

Hospitalizations

2,900

Deaths

Source: <https://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm>

HOW CAN YOU CATCH OR SPREAD THE FLU?

The flu is a respiratory illness caused by a virus that is spread through respiratory droplets. While you may think sharing drinks or close contact are the only ways to get the flu, it is actually transmitted much more easily. The two most common ways the flu is spread are:

**DROPLETS FROM
SNEEZING, COUGHING, OR
TALKING LAND ON YOUR
NOSE OR MOUTH**

**TOUCHING AN INFECTED
SURFACE AND THEN
TOUCHING YOUR MOUTH,
EYES, OR NOSE**

PREVENTING & CURBING THE SPREAD OF THE FLU

Preventative hygiene is one of the best ways to prevent and curb the spread of the flu each year. Here are six easy ways you can reduce your risk of getting and spreading the flu:



PRACTICE PROPER HANDWASHING

Wash your hands thoroughly and often with soap and water for at least 20 seconds.



USE HAND SANITIZER

Use an alcohol-based sanitizer when soap and hot water are not available. Rub in until completely dry.



PRACTICE SNEEZE & COUGH ETIQUETTE

Sneeze and cough into a tissue or the inside of your elbow. Wash your hands afterward.



STAY HOME IF YOU'RE SICK

Stay home from work and limit your exposure to other people until 24 hours after your fever and symptoms end.



KEEP YOUR ENVIRONMENT CLEAN

Disinfect high-contact touchpoints (door knobs, countertops, etc.) regularly.



GET A FLU SHOT

The flu shot can reduce the risk of flu illness by 50-60% among the overall population – and most clinics are free or low-cost.