

National Influenza Immunization Week – Transcript for Flu Tips #2 Podcast

Narrator

This podcast is presented by The Centers for Disease Control and Prevention. CDC - Safer. Healthier. People.

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The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and can even lead to death.

Each year, an average of 36,000 people in the United States die from influenza. And more than 200,000 people are hospitalized.

The flu usually starts suddenly and can include symptoms such as fever, muscle aches, runny nose, sore throat and extreme tiredness.

It's important that people who have special risks for influenza-related complications get medical attention early if they think they have influenza.

Flu vaccines are safe and effective. And flu vaccines cannot give you influenza.

Vaccination is the best way to yourself and people you love from the flu.

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For the latest information on the flu, log onto cdc-dot-gov-slash-flu, or call 1-800-CDC-INFO.

Don't let the flu ruin your winter. Get vaccinated today.

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.