

# influenza

## you have the flu — take action

Flu is a serious disease. Each year in the United States, on average:

- 5% to 20% of the population (approximately 15 to 60 million people) gets the flu,
- More than 200,000 people are hospitalized from flu complications, and;
- About 36,000 people die from the flu.

**1**

*You have been diagnosed with the flu (influenza). Take your prescribed antiviral immediately.*

**2**

*Inform others that you have the flu because it is highly contagious. You can remain infectious for 3 to 10 days after infection. Anyone who comes in contact with you risks developing the disease.*

**3**

*Help protect your family. Tell your family members that they may have been exposed to the flu and to call their doctors immediately. Prescription antivirals can help prevent them from getting the flu.*