Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these **symptoms:**

* fever (100 degrees or above)
* cough
* sore throat
* runny or stuffy nose
* body aches
* headache
* chills
* fatigue
* sometimes diarrhea and vomiting

How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

When are you contagious? You may be able to pass on flu to someone else before you know you are sick, as well as while you are sick.

* People with flu are most contagious in the first 3-4 days after their illness begins.
* Some otherwise healthy adults may be able to infect others beginning 1 day **before**symptoms develop and up to 5 to 7 days **after** becoming sick.
* Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

Preventing the Flu

The first and most important step in [preventing flu](https://www.cdc.gov/flu/consumer/prevention.htm) is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu!! Make sure you are following the directions on all your cleaning products so that they are effective!!!