



DISEASE 101: *Influenza*

What is the Flu?



Influenza — specifically seasonal influenza, or “the flu” — is an acute respiratory infection caused by influenza viruses. It is common in every part of the world.

Did You Know?

The latest vaccines offer you the most effective protection, as the disease is ever evolving.

**VACCINATION IS THE
BEST WAY TO LOWER
CHANCES OF
GETTING THE FLU.**



And even if you are in a low-risk group, getting vaccinated may reduce your risk of transmitting the disease to others who may be high-risk individuals.

Disease Transmission

The flu spreads easily via droplets when an infected person talks, coughs, or sneezes. People with the flu are the most contagious during the first three days of illness.



Symptoms

Symptoms include acute onset of fever, cough, sore throat, runny nose, body aches, and fatigue. Some people may experience vomiting and diarrhea, though this is most common in children. Fever may not always be present, and other symptoms may be mild and mistaken for the common cold.



FEVER



COUGH



SORE
THROAT



RUNNY
NOSE



BODY
ACHES



FATIGUE



VOMITING



DIARRHEA

By the Numbers

Even healthy people in low-risk groups can develop serious flu-related problems like pneumonia, sinus and ear infections, heart and brain inflammation, and organ failure.

Those most at risk include people:



65

YEARS AND
OLDER



5

YEARS AND
YOUNGER



2

AND UNDER ARE AT
A GREATER RISK

Source: [WHO](#) and [CDC](#) | Updated: April 2026