

**Ask your health  
care provider  
about your risk.**

**Here's to your health**  
**Learn all you can**

## About Flu

Typically, flu season runs from late fall to early spring.  
Flu viruses can cause:

- fever (usually high)
- headache
- extreme tiredness
- dry cough

The flu can cause the symptoms listed above. People with H1N1 flu have also reported diarrhea and vomiting.



These viruses are spread mainly from person-to-person, when infected people cough and sneeze. You may also get flu by touching something with flu viruses on it and then touching your mouth or nose.

## To help prevent flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands with soap and water or alcohol-based hand cleaner.
- Avoid touching your eyes, nose, or mouth.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others.



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