

NEWS BRIEF

Provided by: Creative Benefits, Inc.

Public Health Officials Warn of Another Bad Flu Season

Recent figures released by the Centers for Disease Control and Prevention (CDC) have public health officials predicting another dangerous flu season. Health departments across the nation have reported widespread flu activity that has reached similar peaks to that of the 2017-18 flu season—one of the most severe flu seasons in almost a decade.

Final reports from the CDC revealed that nearly 61,000 Americans died in the 2017-18 flu season. With this flu season already resulting in an estimated [2,900 deaths](#), health professionals everywhere are urging people to get their flu vaccinations. Although flu-like activity has decreased since its peak in late December, public health officials fear another fatal flu season.

How do you contract the flu virus?

When an infected individual talks, coughs or sneezes, the virus then spreads through small droplets in the air. You can contract the flu by inhaling those droplets or by touching your nose, mouth or eyes after coming in contact with contaminated surfaces.

Can anyone get sick?

Although anyone can be affected by the flu, the elderly, children and individuals with compromised immune systems are more likely to get sick. Additionally, they are at a greater risk of developing life-threatening complications from the flu.

What are the symptoms of the flu?

If you are experiencing any of the following symptoms, contact your doctor:

- Fatigue

- Body aches
- Fever and/or chills
- Stuffy or runny nose
- Cough
- Sore throat

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How do you protect yourself from the flu?

Every year, a new vaccine is created to combat new strains of the virus. The CDC recommends annual flu vaccinations for everyone 6 months of age or older. Visit your doctor to receive your flu shot, or click [here](#) to find a facility that offers vaccinations near you.

With it still being relatively early in the flu season, it's difficult to predict how severe it will be. We will continue to monitor the developments and provide updates as necessary.

