Flu season is at its peak from December through February but can last from October through May.

The flu vaccine reduces the risk of contracting and spreading the disease.

As many as 35 MILLION flu cases are expected this season.

Influenza is a contagious respiratory illness caused by a virus that produces symptoms such as constant cough, sore throat, a runny or stuffy nose, body aches, headaches and fatigue. Here are the facts to know:

- Older Americans and people with certain chronic conditions are most at risk.
- The CDC recommends annual flu shots for everyone 6 months and older.
- More than 200,000 people are hospitalized from flu complications.
- An estimated 36,000 deaths are linked to the flu.

All figures according to the Centers for Disease Control and Prevention, 2018 https://www.cdc.gov/flu/about/index.html

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