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Overview & Facts

Influenza, aka "the flu," is a highly contagious virus that can race through schools, offices, or nursing homes. These articles provide basics on flu risks and prevention.

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What Is Influenza?

What is Influenza?

Start your reading here to learn about influenza viruses and how they mutate. Get acquainted with the virus' irritating cousin, the common cold.

The Flu: Know the Basics

This fact sheet outlines the basics on flu – what it is, and what to do. How much do you know about this common illness? This link takes you to the CDC web site.

Related Web Site: Cold and Flu Season Guide: Facts & Myths

We hear all sorts of things about these common viruses. This link takes you to a web site that explains.

Avian Flu: 10 Questions, 10 Answers

Avian flu, or bird flu, has raised lots of questions. We've got the answers.

Causes

What Causes Flu Viruses?

Learn the basics of flu viruses -- how new strains emerge, and how they are spread.

Are You At Risk?

Influenza Virus Risks: Some Medical Conditions Make Flu Worse

Getting the flu can be life-threatening if you have diabetes or another chronic condition. Here's what you should know -- including a flu vaccine clinic locator.

Flu: Special Risks

Elderly people and children under age 2 are at high risk for flu-related complications. These fact sheets explain.

Prevention

Flu Precautions: Stopping the Spread of Flu at Work

Help keep your family healthy during cold and flu season. Here are some tips.

Flu Shot: An In-Depth Look

If you're confused about flu vaccines, this fact sheet will help. It outlines the different types of vaccines, who should get them, side effects, and more.

Video: The Dirty Truth About Proper Hand Washing

Nasty germs don't have to infect you. Learn the dos and don'ts of proper hand washing.

12 Tips to Prevent Cold & Flu

There are no cures, so prevention should be your goal. Click here to get



proactive against germs!
Think It's the Flu? Act Fast



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