



People of all ages can
get the flu and become
seriously ill.

About 36,000 people
die each year from the flu,
and more than 200,000 are
admitted to the hospital
because of the flu.



1-800-275-0659 or www.immunize.utah.gov

Rev. 9/2025

Flu is a serious illness



Protect yourself and those you love

Get the flu vaccine



Staying healthy is important – for you AND your family.

- The flu virus is spread through coughing and sneezing.
- You can spread the flu to others starting one day before you feel sick.
- Symptoms start one to four days after the virus enters the body.
- People can be infected with the flu virus and have no symptoms, but still spread the virus to others.
- Adults can pass the flu virus to others for three to seven days after symptoms start. Children can pass the virus for longer than seven days.



The flu can make you very sick.

The flu is not just a cold. You usually get sick quickly and have fever, chills, headache and body aches.

Flu viruses change often.

You need to get vaccinated every year to stay protected. You can get the flu vaccine as soon as it is available or throughout the flu season, as long as supplies last.

Certain people are at greater risk of getting flu and should get the flu vaccine every year.

- children 6 months to 18 years of age
- pregnant women
- people over 50 years of age
- people with illnesses such as diabetes, or heart, kidney or lung disease
- people who live in long term care facilities
- household contacts and caregivers of young children or people with a serious illness
- health care workers
- travelers



Facts about the flu vaccine:

- The flu vaccine will not cause the flu.
- Flu vaccines protect against four different types of flu viruses.
- It takes about two weeks for the vaccine to provide protection.
- There are several types of flu vaccines; the flu “shot” for ages 6 months and older; the nasal spray for ages 2-49 years; the “intradermal” shot for ages 18-64 years; the “high-dose” shot for ages 65 years and older; and an egg-free shot for those with severe egg allergies.
- The flu “shot” may be given at the same time as other vaccines, including pneumococcal vaccines.