Flu Myth #1

“Influenza isn’t a big deal. Why should I worry about getting the flu?”

FACT: Even though many people use the term “flu” to refer to a common respiratory illness such as a cold, influenza is actually a very serious disease.

- Unlike the common cold, influenza can lead to hospitalization and even death, particularly for some high risk populations.
- Depending upon the severity of the strain from year to year, the flu kills anywhere from 3,000 to 49,000 people in the United States each year. Hospitalizations from the flu are approximately 200,000 per year in the U.S.