

# A Prince George's County Health Department Data Snapshot of INFLUENZA (FLU)

## Overview:

Seasonal influenza (the flu) is a contagious respiratory illness caused by flu viruses that spreads between people. The flu can cause mild to severe illness, with related complications of pneumonia and dehydration. In some cases, the flu can lead to death. In the U.S., flu season typically starts in the fall and peaks in January or February.

### What are the symptoms of the flu?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue

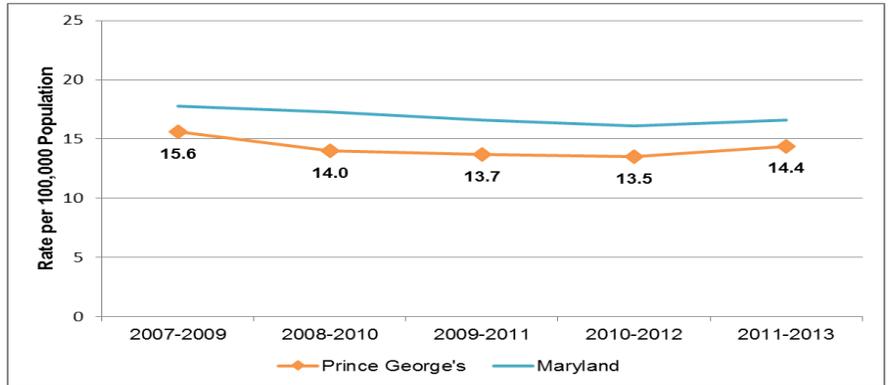
### How is the flu transmitted?

The flu virus spreads mainly by droplets made when people with flu cough, sneeze, or talk. Less commonly, people may get the flu by touching a surface that has the flu virus on it and then touching their own mouth, eyes, or nose.

### Who is most at risk for getting very sick from flu?

Children under 5 years of age, children with chronic health problems like asthma, pregnant women, and older adults have a higher risk of developing flu-related complications such as pneumonia and bronchitis. Each year in the U.S., an average of 20,000 children under the age of 5 are hospitalized because of flu complications.

## Age-Adjusted Death Rates for Influenza and Pneumonia, 2008-2014



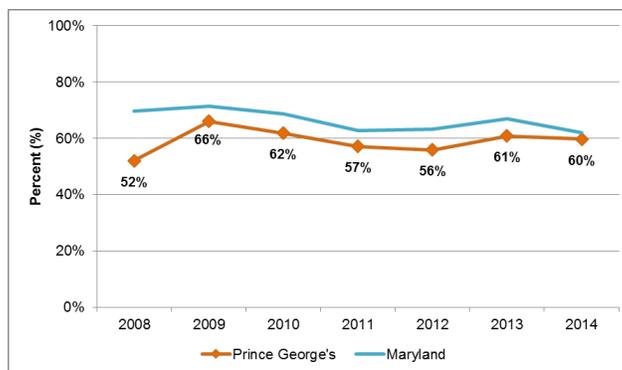
Data Source: NCHS CDC WONDER Online Database

## Number of Influenza and Pneumonia Deaths Prince George's County 2008-2014

Year	Number of Deaths
2008	92
2009	93
2010	76
2011	100
2012	96
2013	111
2014	111

Data Source: NCHS CDC WONDER Online Database

## Percent of Adults Aged 65+ Who Have Had an Influenza Shot within the Past Year Maryland and Prince George's County 2008-2013



Data Source: Maryland BRFS

\*From 2010-2014, 18-49 year olds in Prince George's County had a vaccination rate of less than 30% for the flu. This means over two-thirds of this group are not protected and, if sick, can spread the flu to those around them.

### How can you prevent the flu?

The best way to prevent the flu is to get a flu vaccine each season, usually in the fall; however, getting vaccinated later can be protective. Everyone 6 months of age and older should get the flu vaccine.

For More Information: Centers for Disease Control and Prevention, <http://www.cdc.gov/flu/consumer/>