



IOWA™

Health and
Human Services

Protect Your Family and You from the Flu!

Influenza (flu) is an illness that infects the **nose, throat and lungs.**

Children younger than 5, people 65 and older, and those with certain chronic conditions are at higher risk of flu complications.

Protect yourself from the flu by washing your hands and avoiding close contact with those who are sick. There are also several flu vaccines available, including **shots and nasal sprays.**



**Ask your family's
healthcare providers
about flu prevention**