

Flu Information

According to the Centers for Disease Control, "The flu—short for influenza—is an illness of the nose, throat, and lungs caused by influenza viruses. It spreads easily and can cause serious problems, especially for very young children, older people and people with certain long-term medical conditions like asthma and diabetes. The flu vaccine can protect against this disease." Influenza viruses are constantly changing from year to year. Protect your family and yourself with the flu vaccine, consultation with your primary health care provider, and the information sources below:

Centers for Disease Control (CDC) ~ [Flu Facts and Information for Parents](#)

Massachusetts Department of Public Health ~ [Public Health Flu Fact Sheet](#)

Centers for Disease Control (CDC) ~ [A Flu Guide For Parents](#)

American Academy of Pediatrics: Flu Guidance and Care- [The Flu](#)

CDC Spanish Language Flu Information/[Vacuna contra la influenza Lo que necesita saber](#)

CDC Korean Language Flu Information/ [인플루엔자 백신 꼭 알아야 할 사항](#)

CDC French Language Flu Information / [Vaccin contre la grippe Ce que vous devez savoir](#)

Caring for Others with the Flu:

- [English Language Version](#)
- [Korean Language Version](#)
- [Spanish Language Version](#)