<table>
<thead>
<tr>
<th>What you need to know about flu, flu vaccine, and the Coronavirus outbreak</th>
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<tbody>
<tr>
<td>Are you worrying about getting sick? Find information in many languages about flu season and flu vaccine in the USA. Learn what you need to know about Coronavirus.</td>
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<tr>
<td>It is flu season in the USA.</td>
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<td>Last year, many people got sick with flu, and some died. So what are the symptoms and what can you do protect yourself from getting sick? Here is some information about the flu and flu vaccine from the US Centers for Disease Prevention.</td>
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What is the flu?
The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.

What can I do to protect myself from getting sick?

- **Vaccination**
- **Stay away from people who are sick.**
- **Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.**
- **Use medication the way your doctor recommends it.**

Where can I get a flu vaccine shot?
Many clinics, community centers and public health departments give free flu vaccine shots. Flu vaccine is also free if you have health insurance. [Find where to get the flu shot near you.](#)

How do I know I have flu?
What do I need to know about Coronavirus?

2019 Novel Coronavirus (COVID-19 for short) is a virus (bug) that is causing a serious breathing illness. It started in Wuhan, China. The disease has spread, and it has been declared a world health emergency.

The USA is advising people not to travel to China. For now, people cannot come into the United States from China, unless they are

Coronavirus is a serious breathing illness that started in Wuhan, China. It has spread, and it has been declared a world health emergency.

The USA is advising people not to travel to China. For now, people cannot come into the United States from China, unless they are not from China.

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
citizens or permanent residents. People who do come in from China will have to be tested and stay away from other people.

Am I in danger from COVID-19?
COVID-19 has spread to other countries, but the chance of catching the disease in the USA is small.

How can I protect myself?
The CDC says: There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. Use a hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

My store has sold out of face masks and respirators. Do I need a face mask?
You do not need to buy face masks. You do not need to wear a face mask unless you are sick or you are a health worker helping people who are sick. A face mask will stop you from spreading your germs, but it will not stop you from getting COVID-19. Also there will be no masks and respirators for doctors and nurses if people buy them all and keep them at home.