

About our organization

Families Fighting Flu is a national, non-profit, 501(c)(3) advocacy organization dedicated to protecting children, families, and communities against influenza. Our members include families whose loved ones have suffered serious medical complications or died from influenza, as well as health care professionals and advocates committed to flu awareness, prevention, and treatment. In honor of our loved ones, we work to increase awareness about the seriousness of the disease and to reduce the number of hospitalizations and deaths caused by the flu every year by increasing vaccination rates. In addition to our education and advocacy work, Families Fighting Flu also offers support to other families and communities affected by flu through resources available at www.familiesfightingflu.org.

Connect with us

Visit our website, www.familiesfightingflu.org, to learn more about our organization, sign up for our publications like Weekly Flu News and our quarterly newsletter, or to join us in our fight against influenza. Also follow us on our social media channels including Facebook, Twitter, Instagram, LinkedIn, and YouTube.



Learn more

Visit our website, www.familiesfightingflu.org, to learn more about flu and flu prevention and treatment for various demographics including children, adults, seniors, and pregnant women. You can also order educational materials for schools, healthcare offices, and community centers.

Support us

Families Fighting Flu operates solely on donations from sponsors and people like you that support our mission and share our goals. To get involved in our organization as a volunteer or to make a tax-deductible donation, visit www.familiesfightingflu.org.



Working Together to Protect
Children, Families,
and Communities
Against the Flu



What is the flu?

Influenza, or “flu”, is a highly contagious, viral infection of the respiratory tract (nose, throat, and lungs) that can also affect many other organs in the body and cause serious complications and even death. Flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to a flu virus) and are usually more severe than the typical sneezing and congestion associated with a cold.

Influenza is often accompanied with fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Nausea, vomiting and diarrhea are also common symptoms in children.

A person infected with the flu virus will typically suffer from the illness for approximately 7 to 10 days, with 5 to 6 days of limited activity and about 3 days of bed rest.

How serious is the flu?

Every year in the U.S., healthy children and adults are hospitalized or die from flu-related complications. In fact, influenza causes more deaths than any other vaccine-preventable disease, approximately 646,000 worldwide every year. In the U.S. every year, there are upwards of 80,000 flu-related deaths - including on average over 100 children - and hundreds of thousands of flu-related hospitalizations.



Who should get vaccinated against the flu?

The Centers for Disease Control and Prevention (CDC) recommend that everyone 6 months of age and older get vaccinated against the flu every year. Pregnant women should be vaccinated against the flu to help protect themselves and their infants through the first six months of life.

Getting vaccinated not only protects you, but also the people around you like family and community members. The more people that are vaccinated, the less the disease can spread.

When is the best time to get vaccinated?

It is recommended to get vaccinated as soon as vaccine becomes available in your community. The flu virus tends to spread from October to May, with most cases occurring in January or February. However, vaccinations can be given at any time during the flu season — even getting a vaccination later in the season (December through March) can still help protect you from influenza.

FLU CHECKLIST

- ☒ 1. Get vaccinated!
- ☒ 2. Practice healthy habits
- ☒ 3. Take antiviral medications if prescribed

What's the best way to prevent the flu?

Get vaccinated.

Influenza vaccination is safe and effective and is the single best way to help protect yourself and your family from the flu each year. Since flu viruses are constantly changing, the vaccine is formulated each year to keep up with the flu viruses as they change; therefore, it is important to get a vaccination annually.

Wash your hands.

Frequent hand washing keeps lots of germs out of our bodies, including the influenza virus. If soap and water are not available, use a hand sanitizer.

Stay home if you don't feel well.

Should you become infected, keep the germs from spreading by staying home — and don't forget to take care of yourself!

Do the elbow cough.

Cough into elbows, not hands where it's more likely to spread bacteria and viruses through touch.

