



## Asthma, the Flu and You

The flu, also known as influenza, is a sickness that affects breathing and can make people with asthma very sick.

### People with asthma are at a higher risk for flu complications because:

- The flu can make the airways of people with asthma more swollen.
- Flu infections can cause asthma attacks and make asthma symptoms worse.
- Getting the flu can also lead to pneumonia and other breathing problems.

Asthma is a chronic lung disease. People with asthma have swollen and sensitive airways. Learn more at [Lung.org/asthma](https://www.lung.org/asthma)

### About the Flu

Flu causes millions of people to get sick and is responsible for up to 51,000 deaths each year in the United States. It can cause mild to severe illness by infecting the nose, throat, and lungs.

Common symptoms of the flu include:



Fever



Muscle and body aches, headaches and/or fatigue



Cough



Sore throat



Running or stuffy nose

Learn how to help prevent the flu on the back.

## How do I help protect myself and my child from the flu?



**Get a flu shot every year.** Everyone 6 months and older should get an annual flu shot, ideally by the end of October. Later vaccination is still beneficial if flu viruses are still circulating.



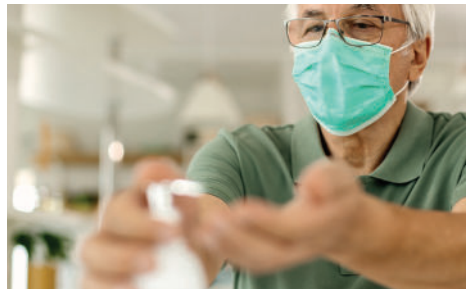
**Cover coughs and sneezes** with a tissue or your elbow. Always clean your hands after coughing or sneezing.



**Wash your hands** frequently with soap and water or use alcohol-based hand sanitizer with at least 60% alcohol.



**Regularly clean surfaces** that are touched often including countertops, doorknobs, handrails, phones, and keyboards.



**Stay home and away from others** when you are sick. Consider wearing a mask to help lower the risk of spreading the flu when you are sick.



**Take steps to clean the air.** This can include bringing in fresh outside air or purifying indoor air.

Visit [Lung.org/prevent-flu](https://www.lung.org/prevent-flu) for more information.