ALL ABOUT THE FLU
Facts to help you stay healthy this flu season.

3 BEST MOVES
to avoid the flu: Get vaccinated, avoid sick people, and wash your hands often.

8 DAYS
How long you may be contagious, starting 1 day before you feel sick.

6 FEET
The distance people can spread the flu virus.

6 MONTHS
Just about anyone who’s at least 6 months old should get a yearly flu vaccine.

8 MONTHS
How long flu season can last. (As early as October, as late as May)

SOURCE: CDC