

Preventing The Flu

Seasonal influenza (the flu) causes illness every year in the United States and worldwide. The illness can be mild to severe. The influenza virus spreads mainly from person to person through coughing or sneezing.

Signs and symptoms of the flu include fever, cough, sore throat, body aches, and sometimes vomiting/diarrhea. It is important for people who are sick to avoid contact with others and stay home from work or school.

The National Park Service works closely with the Centers for Disease Control and Prevention (CDC) and health departments to monitor flu activity in parks and neighboring communities. The simple prevention measures listed below can be very effective.



Influenza (the flu) is a contagious infection of the nose, throat, and lungs caused by influenza viruses

Take these everyday steps to protect your health:



Cover your mouth and nose with a tissue when you cough and sneeze



Wash your hands frequently



Use an alcohol-based hand sanitizer



Avoid touching your eyes, nose, or mouth



If you have a fever, stay home for at least 24 hours after your fever has ended



Get the seasonal flu vaccine every year

