

Flu Facts

How flu matters to you

Up to **11%**

Percentage of people who get symptomatic flu each year in the US



200k

People hospitalized by the flu each year in the US



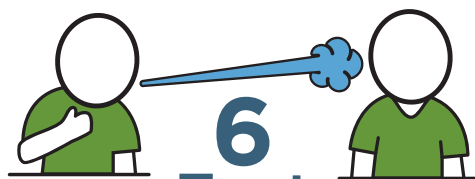
6 Months

Age at which flu shots should begin



2 Weeks

Time it takes your body to develop protection (antibodies) from the flu after vaccination



6 Feet

How far the flu virus can spread from a cough, sneeze or conversation



200 mph

The speed at which the flu virus can travel through the air from a sneeze

20

Minimum seconds you should wash and scrub your hands with soap and warm water to help fight flu



48

Number of hours a flu virus germ can survive on hard surfaces



79%

Percentage of people who admit going to work sick last year

24-96

Number of hours you're infectious before flu symptoms appear

3-4

Number of days you're most contagious once symptoms appear

7

Number of days you can infect other people after becoming sick



Join the **FLU FIGHT!**

THE
University of Vermont
HEALTH NETWORK