

The background of the page features a large, faint, circular seal of the Massachusetts Department of Emergency Services. The seal is light blue and contains the text "MASSACHUSETTS DEPARTMENT OF EMERGENCY SERVICES" around the perimeter. In the center of the seal is a yellow sun rising over a blue body of water with a white lighthouse on a small island.

## **Flu**

Two strains of flu, seasonal flu and the H1N1 (Swine) flu, are currently circulating in the United States. Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications. [Flu symptoms](#) may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue. In [H1N1 flu](#) infection, vomiting and diarrhea may also occur. Annual outbreaks of the [seasonal flu](#) usually occur during the late fall through early spring. For the 2009-2010 flu season, the [H1N1 flu](#) virus caused more illness in young people and pregnant women than is usual for prior flu seasons. Like seasonal flu, illness in people with H1N1 can vary from mild to severe. The best way to prevent the flu is by getting a [flu vaccination each year](#).

**Get Vaccinated.** Vaccination is the best protection against contracting the flu. For the 2010-2011 flu season, most people with need just one shot to be protected against both seasonal and H1N1 flu.

For more information visit [www.flu.gov](http://www.flu.gov)