

# Flu Frenzy

What is a three-letter word for trouble? Flu! That is short for **influenza** (in-floo-EN-zah). The flu is caused by a virus that can be passed easily from person to person. People who catch the virus often have fevers, sore muscles, and coughs.

Doctors say the best way to keep from getting the virus is to get a flu shot. However, in 2004 there weren't enough flu shots for everyone. Health experts found that one company's flu shots weren't safe. That company was supposed to supply the United States with half of the 100 million doses needed.



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*This year, there were not enough flu shots for everyone. The people at highest risk received a flu shot first.*

Hang in there! The flu strikes the United States for only part of the year. Flu season usually runs from November to March.

Germs! Ick!

Despite the short supply of flu shots, there are ways to stay flu-free. To keep the virus away, practice healthful habits.

Wash your hands often with soap and water.  
Avoid touching your eyes, nose, and mouth.  
Germs can easily enter your body there.  
Don't share your drinks or eating utensils.  
Get plenty of sleep.