Of the 148 influenza-related pediatric deaths in the United States for the 2014-15 flu season...

**19 were reported in Texas** (CDC)

**CHALLENGES**
- In 2014, flu activity in Texas peaked in mid-December, mirroring national trends, (DSHS)
- An estimated 23,607 influenza-related deaths and 200,000 hospitalizations occur every year in the U.S., (DSHS)
- Only 65% of Texans age 65 or older received the flu vaccine in 2015, (CDC)

**COMPLICATIONS**
- Bacterial Pneumonia
- Bronchitis
- Ear or sinus infections
- Dehydration
- Worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes

**SOLUTIONS**
- Get the flu vaccination every year
- Stay away from those who are sick
- Cover coughs and sneezes
- Wash hands frequently

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The flu can be a life-threatening virus and getting an annual vaccine is the best way to protect yourself from getting the flu.

1. Flu symptoms
   - Extreme exhaustion
   - High fever (100° to 102°F)
   - Aches and pains
   - Fatigue that can last 2-3 weeks
   - Period of contagiousness

2. Stop the spread
   - Most healthy adults can spread the flu one day before symptoms develop and up to five to seven days after becoming sick
   - Those with weakened immune systems can infect others for a longer period of time

3. Protect those at risk
   - 65 or older
   - Chronic conditions (diabetes, asthma, heart disease)
   - Pregnant women
   - Young children