



The nation and New Jersey are experiencing high levels of influenza this season. Influenza can cause serious illness and in some cases death. Residents should take steps to protect their health.

It is not too late to get a flu shot. Everyone who is at least 6 months of age should get a flu vaccination this season. This is the most important step in protecting against flu since it can reduce the risk of hospitalization and serious health complications.

It is also important to cover coughs and sneezes, avoid touching hands to mouth, nose and eyes, wash your hands frequently, and stay home when you are sick.

If you do get sick, ask your healthcare provider if antiviral medications are right for you. These medications can shorten the length of time you are sick.

For more information on where to find flu vaccine, visit the Department's flu website <http://www.nj.gov/health/cd/topics/flu.shtml>

Follow the New Jersey Department of Health on Twitter @njdeptofhealth, Facebook /njdeptofhealth, Instagram @njdeptofhealth and Snapchat @njdoh for flu-related information and updates.