

What's the Difference between Seasonal Flu and Pandemic Flu?

Seasonal Flu

- Seasonal flu is the flu that happens every year.
- Seasonal flu usually starts in October and lasts through Spring. These months are called “flu season.”
- December, January, and February are the months when the most people usually get sick with the flu.
- Every flu season, many people may become sick. Some people become so sick they need to go to the hospital, and some people even die.
- Very young children, old people, and pregnant women are at risk for becoming very sick with the flu.
- Most children and adults get over the seasonal flu within one week.
- The best ways to prevent seasonal flu and to keep from spreading it to others is to:
 - get a flu vaccine every year
 - wash your hands often
 - cover your coughs and sneezes
 - keep your hands away from your face
 - stay home when you are sick

Pandemic Flu

- Pandemic flu is different from seasonal flu.
- With pandemic flu, large numbers of people all around the world may get sick at about the same time.
- In a severe pandemic, many people may become very sick.
- During a pandemic, even young adults and very healthy people might get sick.
- Child care centers, schools, and some businesses may close to help slow the spread of flu.

In case of pandemic flu or other emergency, here are two ways you can reach our center:

Make sure the center has your contact information and keep it updated. During a flu pandemic, it is important to wash your hands often, cover your coughs and sneezes, and stay away from others, if you are sick.

For more information on emergency planning and preparedness, go to www.publichealth.lacounty.gov.