FACT SHEET

How is the influenza virus spread?

• Droplet secretions from person to person by directly coughing or sneezing infected droplets through the nose, mouth, and eyes

• Indirectly by touching droplet contaminated surfaces such as: phones, keyboards, tabletops, toys, and unclean hands

• The virus can survive on surfaces for two to twelve hours

• The virus can survive on unclean hands for up to five minutes

How does the flu vaccine work?

• Influenza vaccine contains fragments of inactivated influenza virus

• Influenza vaccine strengthens your immune system against the current circulating strains of influenza virus

• It takes two weeks for the vaccine to protect you against the influenza illness

How well does the vaccine protect against influenza?

• Can prevent influenza illness in 60 percent to 90 percent of healthy adults

• Studies have shown that influenza immunization decreases the incidence of pneumonia, hospital admission, and death in the elderly and those with underlying health conditions