

Winter Safety & Wellness Newsletter

Influenza (Flu) Information for Families



The flu is a contagious illness caused by the influenza virus. It circulates every year, with some seasons being more severe than others. In the United States, flu activity is most common during the fall and winter months.

People of all ages can get the flu—from infants and school-aged children to adults and older adults. While some individuals experience mild symptoms, others may become very ill. Knowing the signs and how the flu spreads can help families take steps to protect their health.

Please visit this [link](#) for an easy-to-read educational fact sheet about the flu. Not sure if symptoms are related to the flu or another illness? The additional [resource](#) provided can help you understand the differences between the flu, the common cold, and whooping cough.

2025-26 Influenza Season Week 53 ending Jan 03, 2026

