



## Prevention

The first and most important step in preventing flu is to get a flu vaccine each year.

Flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications that can result in hospitalization or even death.

CDC also recommends everyday preventive actions (like staying away from people who are sick ([distancing](#)), [covering coughs and sneezes](#), [frequent handwashing](#), and [taking steps for cleaner air](#)) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses like flu.