



Improving Health Through Leadership and Innovation

About Us

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Chief State Medical Examiner

Communicable Disease Service


Home > Diseases & Health Topics A-Z List > Seasonal Influenza

Flu Brochures

Flu Basics [English] [Spanish] [Arabic] [Chinese] [Creole] [Gujarati] [Hebrew] [Hindi] [Portuguese] [Russian] [Tagalog]

Palm Card: What You Need to Know

**What You Need to Know:
Influenza (Flu)**





Influenza (flu) can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.



Get up-to-date NJ information, including:

- Vaccine recommendations & details
- Surveillance data
- Answers to common questions

Visit bit.ly/njflu or scan the QR code:

Stay Safe & Healthy, New Jersey!

Palm Card: What You Need to Know [PDF]

Seasonal Influenza

Influenza is a laboratory reportable condition and should be reported within 24 hours of detection by the lab into CDRSS!

Influenza (flu) is a contagious respiratory illness caused by influenza. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions are at high risk for serious flu complications. The New Jersey Department of Health works closely with the healthcare and public health community to conduct surveillance for seasonal and novel influenza, promote annual influenza vaccinations, respond to season influenza outbreaks, and plan and prepare for the occurrence of novel influenza.

- [Reports and Statistics](#)
- [Surveillance](#)
- [Laboratory](#)
- [Outbreak Information](#)
- [Flu Vaccination for Healthcare Personnel](#)
- [New Jersey Influenza Initiatives](#)
- [New Jersey Flu Resources Widget](#)

Reports and Statistics

- [Weekly Reports](#)
- [Physicians: Become an Influenza Sentinel Provider](#)
- [MMWR Weeks](#)
- [CDC Flu Activity](#)

[Top ^](#)

Surveillance

- [Influenza Surveillance Overview](#)
- [Influenza Surveillance Memo](#)
- [Flu Activity Level Definitions](#)
- [Pediatric Influenza Surveillance Memo](#)
- [Pediatric Influenza CDRSS Quick Entry Guide](#)
- [Pediatric Influenza Reporting and Investigation](#)
- [Surveillance Frequently Asked Questions](#)

[Top ^](#)

Laboratory

- [Collection and Transport of Clinical Specimens for Influenza Testing](#)
- [Request for Immunological/Isolation Services-Viral Testing Unit](#)

[Top ^](#)

Outbreak Information

- [Respiratory Outbreak Information for Schools](#)
- [Guidelines for the Control of Respiratory Virus Outbreaks in Long-Term Care and Other Institutional Settings](#)
- [Prevention and Control Measures for Outbreaks in School Settings](#)

[Top ^](#)

Flu Vaccination for Healthcare Personnel

Flu Vaccination for Health Care Personnel: How to Protect Yourself and Others



Click on the image above to register for this brief education module for health care administrators and employees or [click here!](#)

- [Health Care Workers Flu Vaccine Poster \(8.5 x 14\) NEW! 1/2023](#)
- [Health Care Workers Flu Vaccine FAQs NEW! 1/2023](#)
- [Health Care Workers Need a Yearly Flu Vaccine flyer](#)
- [CDC Best Practices for Increasing Health Care Worker Flu Vaccination](#)

- [New Jersey Hospital Association: NJ Fights Flu Toolkit](#)
- [Immunization Action Coalition Influenza Honor Roll and Resources](#)

See the section below to learn

how to join the NJ Influenza Honor Roll!

[Top ^](#)

New Jersey Influenza Initiatives

- [Influenza Honor Roll](#)
- [College & University Flu Challenge](#)

[Top ^](#)

New Jersey Flu Resources Widget



Share this Widget

[Top ^](#)



The Power to Protect New Jersey campaign aims to emphasize the importance of flu vaccination and prevention for all New Jersey residents.

[Download the toolkit.](#)

Resources & References

- [Recommendations for Using Antiviral Agents for Influenza](#)
- [ACIP Recommendations](#)
- [FluView Interactive - CDC](#)
- [CDC People at high-risk from flu](#)

Education Materials

- [Why You Need a Flu Vaccine](#)
- [Spread Fun. Not Flu](#)

- [Flu Vaccination for Older Adults \[English\] \[Spanish\] **NEW:** 2/2023](#)
- [Hand washing resources](#)
- [Got the flu? Tips to take care of yourself and others](#)
- [Prevent the spread of colds and flu](#)
- [When should children stay home from school](#)
- [Is it a cold or the flu? \[English, Español\]](#)
- [Flu and your teen: know the risks](#)
- [Immunization Action Coalition \(IAC\) Communicating the Benefits of Flu Vaccination During COVID-19](#)



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