

Cancer, Flu, and You

If you have cancer now or have had cancer in the past, you are at high risk for potentially serious complications from flu.

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The [US flu season](#) has started and is expected to continue for weeks. If you have cancer now or have had cancer in the past, you are at high risk for potentially serious complications from flu. As you spend time with loved ones this winter, remember to take these 3 actions to fight flu:

Get yourself and your family vaccinated!

A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months and older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

Stop the spread.

Take every day preventative actions to help stop the spread of flu viruses! Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often using soap and water.

Ask your doctor about flu antivirals.

Take antiviral drugs if your doctor prescribes them! Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick. It's very important that people who now have, or who have had cancer in the past, be treated early with flu antiviral drugs.

Learn More:

[CDC's Influenza Website](#)

[CDC's Cancer and Flu Website](#)

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