
Circulating	When talking about viruses, this means that the virus is currently spreading and moving from person to person.
Genetic Code	The complete set of genes that make up the virus.
Influenza	The infection caused by the influenza virus. This infection is commonly called the flu.
Immune Response	The reaction during which the body recognizes and protects itself against viruses.
Mutation	The process whereby a virus's genetic code changes. These changes can affect how contagious a virus is, how well it responds to treatment, and how severely it affects people.
SARS-CoV-2	The virus that causes COVID-19.
Strain	A version or variant of a virus that has changed a lot and has enough genetic differences to be considered a separate group from the original version of the virus.
Variant	A version of a virus with a genetic code that contains one or more mutations. Unlike a strain, a variant's genetic changes are small enough that it still belongs to the same main group as the original virus.
Virus	A very small type of germ that infects a person's cells and may cause disease.

Stay protected. Stay informed. Get vaccinated.

Regular updates to flu and COVID-19 vaccines are essential for maintaining protection against these constantly evolving viruses. Staying up to date with recommended vaccinations is the best way to reduce your risk of severe illness and help protect your family, friends and community.