



GET YOUR FLU SHOT NOW!

According to The Centers for Disease Control and Prevention (CDC), each year in the United States:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from the flu

Influenza (the flu) is a contagious respiratory illness caused by a virus. The flu can cause mild to severe illness and at times can lead to death. Signs and symptoms of the flu include:

- fever
- headache
- tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches

The CDC recommends everyone 6 months and older get a flu shot each year. It is especially important that the following people get a flu shot:

- Children younger than 5, but especially younger than 2 years old
- Pregnant women
- Adults 65 and older

- Those with certain chronic medical conditions
- People who live in nursing homes or long-term care facilities
- Health care workers or those who live with or care for those at risk for complications from the flu

Some people should check with their physician before getting a flu shot. They include people who:

- had a severe allergy to chicken eggs
- had a severe reaction to a flu shot in the past
- had [Guillain/Barré Syndrome](#)
- had recent illness with a fever

The best way to prevent the flu is by getting annual flu shots. Yearly (seasonal) flu shots can be given in the early fall and throughout the flu season. The 2010-2011 flu shot protects against three strains of flu, including the H1N1 flu virus.

For more information please visit the following web-links:

Flu Shot Information:

- [What You Need To Know About The Flu Vaccine](#)
- [A Booster Shot of TRICARE Immunization Info](#)

References:

- [Seasonal Flu Q & A](#)
- [The CDC Key Facts About Seasonal Flu](#)
- [FDA Approves Vaccines for the 2010-2011 Influenza Season](#)

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