



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 viruses. The flu can cause mild to severe illness and at times can lead to death. Signs and Symptoms of the flu can include:

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

The best way to prevent the flu is by getting a flu shot every year. Anyone who wants to decrease their chances of getting the flu should be vaccinated. There are certain groups of people who should be vaccinated each year because they are at high risk of having serious flu-related complications or because they care for or live with high risk individuals. These groups include:

- Children 6 months up to 19 years old
- Pregnant women
- Adults 50 years of age and older
- Those with certain chronic medical conditions
- Seniors or those 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

There are certain groups of people who should check with their physician before getting a flu vaccine. They include people who have:

- 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

Yearly (seasonal) flu shots should begin in the fall or as soon as vaccine is available and continue throughout the influenza season.

NOTE: The “seasonal” flu shot *does not* protect against the [H1N1 influenza virus](#). In 2009 pregnant women, children, and other “at risk” persons should also be immunized against H1N1 influenza virus. The H1N1 vaccine is expected to be available by late October. .

For more information please visit the following web-links:

Flu Vaccine Information:

- [What You Need To Know About The Flu Vaccine](#)

References:

- [The CDC Key Facts About Seasonal Flu](#)

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