

Get Your Flu Vaccine

Help Prevent the Flu this Season



Why is it important to get the flu vaccine?

Influenza (flu) is a highly contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Flu seasons are unpredictable and can be severe. Each year, more than 200,000 people are hospitalized from the flu, including 20,000 children under five years of age. Anyone can get the flu, and vaccination is the single best way to protect yourself and those around you from getting the flu.

It is recommended that you get a flu vaccine on a regular basis for two primary reasons. First, because the flu is a virus, vaccines are regularly updated to protect against the most recent and commonly circulating viruses. Second, a person's immune defense declines over time, and so annual vaccination is needed to ensure optimal protection from the virus.



Vaccination is the single best way to protect yourself and those around you from getting the flu!

Who should get the flu vaccine?

Health care providers recommend that everyone six months of age and older get a flu vaccine. While everyone is encouraged to get the vaccine each year, it is especially important for the followings groups to get vaccinated because they are at higher-risk of having serious flu-related complications:

- *Children younger than 5 years old*
- *People 50 years of age and older*
- *Pregnant women*
- *People who live in nursing homes and other long-term care facilities*
- *People with certain chronic medical conditions, such as asthma, diabetes, and those who are immunosuppressed*
- *People who live with or care for those at high risk for flu complications, including health care workers and child care workers*

Flu Prevention...

While the vaccine is the best way to prevent the spread of influenza, good health habits can help stop the spread of germs and prevent illnesses like the flu. Follow these four quick tips from the CDC to stay healthy this flu season:

- *Avoid close contact with people who are sick. If you are sick, keep your distance from others as much as possible, and stay home when possible.*
- *Cover your mouth and nose with a tissue when coughing or sneezing.*
- *Wash your hands often with soap and water to protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.*
- *Avoid touching your eyes, nose and mouth. Germs are often spread when you touch something that is contaminated, and then touch your eyes, nose or mouth.*