

Fighting the Flu is Up to You



Why are we concerned about the flu?

The flu is a serious illness that makes some people very sick. It spreads person-to-person through coughing, sneezing, or talking.

How can you get ready to prevent the flu?

The flu vaccine is safe and an important first step to prevent the flu. When you get vaccinated, you protect yourself and those around you.

Who needs the vaccine?

- The Centers for Disease Control (CDC) recommends that **everyone 6 months and older** get the flu vaccine, including:
 - ✓ healthy people
 - ✓ those at high risk for getting very sick from the flu (see below)
 - ✓ people who live with or care for those at high risk
- Each year the flu vaccine changes, so get this year's vaccine even if you had one last year

Who is more at risk for getting very sick from the flu?

- Young children under five years of age
- Pregnant women
- People ages 65 and older
- People with chronic health problems like asthma, diabetes, heart disease, and lung disease

For more information go to:

www.cdc.gov/flu

Health Whys

A public health message from

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Jefferson
HEALTH DISTRICT Serving: Albemarle Charlottesville
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www.vdh.virginia.gov/LHD/ThomasJefferson