

It's Flu Season ... Again!

Why are we concerned about the flu?

Flu infections account for tens of thousands of hospitalizations each year and thousands of deaths. When flu is fatal, it is most likely in the elderly and the very young. Young and healthy people are less likely to have serious consequences from the flu, but can spread the infection to others at higher risk. Getting your flu shot will help protect you and others as well!



How does the flu shot protect me?

The flu vaccine protects you in two ways. First, it may prevent you from getting the flu at all. But, if you do get the flu and have been vaccinated, it is likely that you will have a far less severe case of it and you will avoid hospitalization as a result.

Why do I need a flu shot every year?

The flu strains that circulate change each year, so new flu vaccines are made each year to fight those new strains. The vaccine made for last year's strains will not protect you from this year's strains. New year, new flu shot!

How do I get a flu vaccine?

Flu vaccines are available from your primary care provider, at local pharmacies and at the health department. They are generally covered by most insurances. Uninsured children, and those with Medicaid, can receive a flu shot free of charge while supplies last at your local health department.

For more information: Visit www.cdc.gov/flu/vaccines/index.html



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