What Can You Do About the Flu?

Why are we concerned about the flu?
The flu can be a serious viral illness. It is spread from person-to-person through coughing, sneezing, or droplets of saliva. The flu affects millions of people every year and can make you very sick, causing you to miss work and can lead to your loved ones getting sick too.

What can you do to prevent the flu?
Getting a flu shot is an important first step in preventing the flu. The injectable flu vaccine has been tested, is very safe, and more effective than the nasal flu mist. The nasal flu mist is **not** recommended for the 2016-2017 flu season. When you get vaccinated, you protect yourself and those around you. Routine hand washing using warm water and soap is also a good way to prevent the spread of germs and illnesses such as the flu.

Who needs the flu shot?
The Centers for Disease Control and Prevention (CDC) recommends that **everyone 6 months and older** get the flu vaccine, especially:
- 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
- People who live with or care for those at high risk

Where can I get the flu shot?
Local health departments offer flu vaccines for all ages, along with most primary care providers and pharmacies. Call your local health department or visit www.TJHD.org to find out when you can get your flu shot.

For more information: www.cdc.gov/flu

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www.tjhd.org

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