

How Can You Prevent the Flu?

Why are we concerned about the flu?

The flu can be a serious viral illness affecting millions of people each year. It's spread from person-to-person through coughing, sneezing, or droplets of saliva. The flu may cause you to miss work and can lead to your loved ones getting sick too.

How can you prevent the flu?

Getting the flu shot is one of the best way you can help prevent the flu. The flu vaccine is very safe and available as a shot this year. Since it takes up to 2 weeks for your body to build full protection after the vaccine, it is possible to get the flu during that time. Any side effects from the vaccine (mild soreness, headache, low grade fever, etc.) are short-term and **not** the flu.



Who needs the flu shot?

The Centers for Disease Control and Prevention (CDC) recommends that **everyone 6 months and older** get the vaccine, especially:

- Young children under the age of 5
- 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?

Your local health department offers the flu vaccine for all ages, along with most primary care providers and pharmacies.

For more information: www.misstheflu.com



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