

Fall + Flu Season

Why are we concerned about Flu?

In Virginia, flu cases may begin as early as October and continue into April, with the majority of cases in the winter months. The elderly, very young children and those with immunocompromising conditions can find the flu to be extremely serious and sometimes fatal.



How does the flu spread?

Flu spreads from person to person through coughing, sneezing, and touching infected surfaces followed by contact with the eyes, nose, lips, or mouth. Close contact with work colleagues, school classmates and family members helps the flu spread quickly.

When should I get my flu vaccine?

The best time to get vaccinated for the flu is in September, October, or November. Vaccinating in the fall helps your body have enough time to develop its defenses against infection. Children, receiving their first dose of flu vaccine, need 2 doses 1 month apart in that first season to help them establish protection from infection.

Can I get the flu from the flu vaccine?

The virus used to make the flu vaccine is killed and incapable of making people ill. The vaccine takes about 2 weeks to become fully effective. If you are exposed to the flu before you the vaccine becomes effective it won't protect you well. Flu vaccines are available at health departments, pharmacies, and your healthcare provider's office.

For more information visit: www.cdc.gov/flu/vaccines/vaccinations.html



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