

# 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 the flu shot is an important first step in preventing the flu. The flu vaccine has been tested, is very safe, and is available as a shot or a nasal spray. 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 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?*

This year the health department offers a vaccine with increased protection that may not be available from other providers. Call your local health department to find out when you can get your flu shot.

**For more information:** [www.cdc.gov/flu](http://www.cdc.gov/flu)



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