

## Flu Shot???

While “a case of the flu” may not sound too serious, thousands of people die each year of the flu in the United States. Less severe cases of the flu still cause a great deal of discomfort, as well as causing people to take time off school or work. This is why the Centers for Disease Control advises that children over the age of six months and adults receive an annual flu vaccine.

While the vaccine does not provide complete protection against all varieties of flu, if you are infected, the vaccine can lessen the effects of the illness. In fact, individuals who receive the vaccine are 60% less likely to require professional medical care even if they do catch the flu bug.

Incidentally, if you’ve been afraid to get a flu vaccine because you don’t like needles, you are in luck! It’s now possible to receive the flu vaccine via nasal spray!

Since flu season is here, it’s a great time to discuss getting a flu shot with your friends and loved ones. Since 90% of flu fatalities during regular flu season are among people 65 and older, a conversation about the value of flu shots is particularly important for the elderly. If you can, offer rides to seniors and shut-ins who need to get to a doctor’s office or clinic for their immunizations.

The CDC recommends these healthy practices to help prevent the flu:

- ◆ Wash hands regularly and disinfect household and office surfaces.
- ◆ Avoid contact with people who have the flu. Similarly, if you have the flu, stay home until your fever has been gone for 24 hours.
- ◆ Keep your hands away from your nose, mouth and eyes.

Resources: Advocatehealth.com • U.S. Department of Health and Human Services: flu.gov and vaccines.gov • Centers for Disease Control: cdc.gov/flu

## Flu Shot???

While “a case of the flu” may not sound too serious, thousands of people die each year of the flu in the United States. Less severe cases of the flu still cause a great deal of discomfort, as well as causing people to take time off school or work. This is why the Centers for Disease Control advises that children over the age of six months and adults receive an annual flu vaccine.

While the vaccine does not provide complete protection against all varieties of flu, if you are infected, the vaccine can lessen the effects of the illness. In fact, individuals who receive the vaccine are 60% less likely to require professional medical care even if they do catch the flu bug.

Incidentally, if you’ve been afraid to get a flu vaccine because you don’t like needles, you are in luck! It’s now possible to receive the flu vaccine via nasal spray!

Since flu season is here, it’s a great time to discuss getting a flu shot with your friends and loved ones. Since 90% of flu fatalities during regular flu season are among people 65 and older, a conversation about the value of flu shots is particularly important for the elderly. If you can, offer rides to seniors and shut-ins who need to get to a doctor’s office or clinic for their immunizations.

The CDC recommends these healthy practices to help prevent the flu:

- ◆ Wash hands regularly and disinfect household and office surfaces.
- ◆ Avoid contact with people who have the flu. Similarly, if you have the flu, stay home until your fever has been gone for 24 hours.
- ◆ Keep your hands away from your nose, mouth and eyes.

Resources: Advocatehealth.com • U.S. Department of Health and Human Services: flu.gov and vaccines.gov • Centers for Disease Control: cdc.gov/flu

