

Protect Yourself from the Flu



The flu (or influenza) is a virus spreads through droplets from an infected person's coughs and sneezes. The flu virus can cause fever, cough, sore throat, muscle aches, chills, fatigue, and pneumonia.

An annual seasonal flu shot is the best way to help protect against the flu.



Get the Flu Shot and Get Protected

Flu viruses are always changing. It is important to get an updated flu shot for the best protection. A flu shot does not cause the flu and can be administered with other vaccines at the same time. It causes antibodies to develop in the body about two weeks after vaccination.

Flu shot is recommended for everyone 6 months of age and older with rare exceptions. The vaccine is especially important for:

- People aged 65 years or older
- Children between 6 months to 5 years of age
- People who are pregnant
- People with underlying chronic medical conditions
- People who live with or take care of young children or the elderly
- Health care workers
- Nursing home residents

Side effects of flu shots may include soreness and redness at the site of the shot; one may also experience body aches and mild fever.

Tell your doctor if you have had a severe allergic reaction to eggs or a previous flu shot.

Prevent the Spread of the Flu

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. When you cannot wash your hands, use alcohol-based hand sanitizer.
- Wear a face covering when you are in a public setting.
- Cover your mouth and nose when you cough or sneeze.
- Stay home from work or school when you are sick.

To prevent serious infection, talk to your doctor to make sure you are up to date on all recommended vaccines including Covid-19.



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