

Get Ready for Flu Season

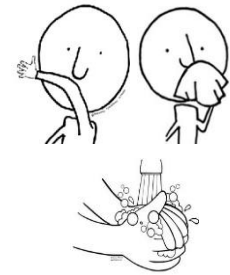
Influenza is a virus that infects the nose, throat, and lungs. It can cause a fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and make you very tired.

Everyone over 6 months should get vaccinated every year

- Talk to your healthcare provider to learn whether you and your family should get the flu shot or use the nasal spray vaccine
- The flu vaccine is safe for anyone over the age of 6 months and does not cause the flu
- Children under 8 years who get the flu shot for the first time need to get two doses

Don't spread the flu

- Cover your mouth with your arm or tissue when you cough
- Wash your hands often
- If you are sick, stay home so you do not spread the flu
- If your child is sick keep him/her at home until s/he does not have a fever for at least 24 hours.



Frequently Asked Questions

When does flu season start?

Flu season usually starts in October and ends in May each year, but it can change depending on the virus. January and February are the months the most people get the flu.

How do I know if I should get the flu vaccine?

The flu vaccine is recommended for anyone over the age of 6 months. If you have questions about getting the flu vaccine, talk to your healthcare provider for more information.

Where can I get the flu vaccine?

Many pharmacies (CVS and Walgreens) and doctors' offices have the flu vaccines.

Who is able to use the nasal spray vaccine?

The person must be between 2 and 49 years, healthy, and NOT pregnant. Talk to your doctor or pharmacist to find out if you can get the nasal spray.

How will I know if I have the flu?

You may have a fever, cough, sore throat, runny or stuffy nose, body aches, headaches, or you are very tired.

If you think you may have the flu, talk to your doctor right away