

Flu Season

It's not too late to vaccinate—Get your flu vaccine today!

“Flu season typically peaks in January or February and can last as late as May,” states the Assistant Surgeon General of the US Public Health Service and Director of CDC’s National Center of Immunization and Respiratory Diseases. “We are encouraging people who have not yet been vaccinated to get vaccinated now.”

For millions of people each year, the flu can bring a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed instead of at work or school. However, you may not realize that more than 200,000 people are hospitalized in the US from flu complications each year. The flu also can be deadly. An annual flu vaccine is recommended for everyone 6 months and older. It's available in two forms: shots and a nasal spray. The flu shot options include the regular flu shot, the new intradermal flu shot, and a high-dose flu shot. While the regular flu shot can be given to just about everyone, the intradermal flu shot is approved for use in adults

18 through 64 years of age, and the high-dose flu shot is for people aged 65 years and older. The nasal spray vaccine is approved only for use in healthy people ages 2 to 49 years who aren't pregnant.

Anyone can get the flu, but some people are at greater risk for serious flu-related complications, like pneumonia, that can lead to hospitalization and even death. For those at great risk for complications, getting the flu vaccine is especially important. People at greater risk include:

Children younger than 5 years old, but especially children younger than 2 years old

Pregnant women

People with certain medical conditions like asthma, diabetes (type 1 and 2), or heart and lung disease

People 65 years and older

It's also important to get the vaccine if you care for anyone in one or more of these high risk groups, or for babies younger than 6 months because they are too young to get the vaccine. Children 6 months through 8 years of age getting vaccinated for the first time need two doses of flu vaccine to be fully protected. For more information about influenza or the flu vaccine, talk to your doctor or nurse, or, visit <http://www.cdc.gov/flu>, <http://www.flu.gov> or call CDC at 1-800-CDC-INFO (1-800-232-4636).

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