

FLU SHOTS

Available Mid-October



Influenza (flu) is a serious disease. Each year in the U.S.:

- 5% to 20% of the population gets the flu;
- More than 200,000 people are hospitalized from flu complications, and;
- About 36,000 people die from the flu. (Source www.cdc.gov/flu)

Lessen the effects of a serious illness.

See receptionist today to reserve your vaccine!

Cost: \$25 per dose

TAKE ACTION TO PROTECT YOURSELF AND YOUR LOVED ONES FROM THE FLU.

1 Vaccinate: Take time to get a vaccine.

- A flu vaccine is the best way to protect against the flu.
- Getting a vaccine is very important for people at high risk for serious flu complications and their close contacts.

2 Stop Germs: Take everyday preventative actions.

- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- Stay away as much as you can from people who are sick.
- If you get the flu, stay home from work or school. If you are sick, do not go near other people so that you don't make them sick.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.

3 Antiviral Drugs: Take antiviral drugs if your doctor says you need them.

- There are flu antiviral drugs that can treat the flu or prevent infection with flu viruses.
- For treatment, antiviral drugs should be started within 48 hours of getting sick.
- If you develop flu-like symptoms (usually high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches), or are exposed to the flu before you get a flu vaccine, your health care professional will decide whether you should take antiviral drugs.