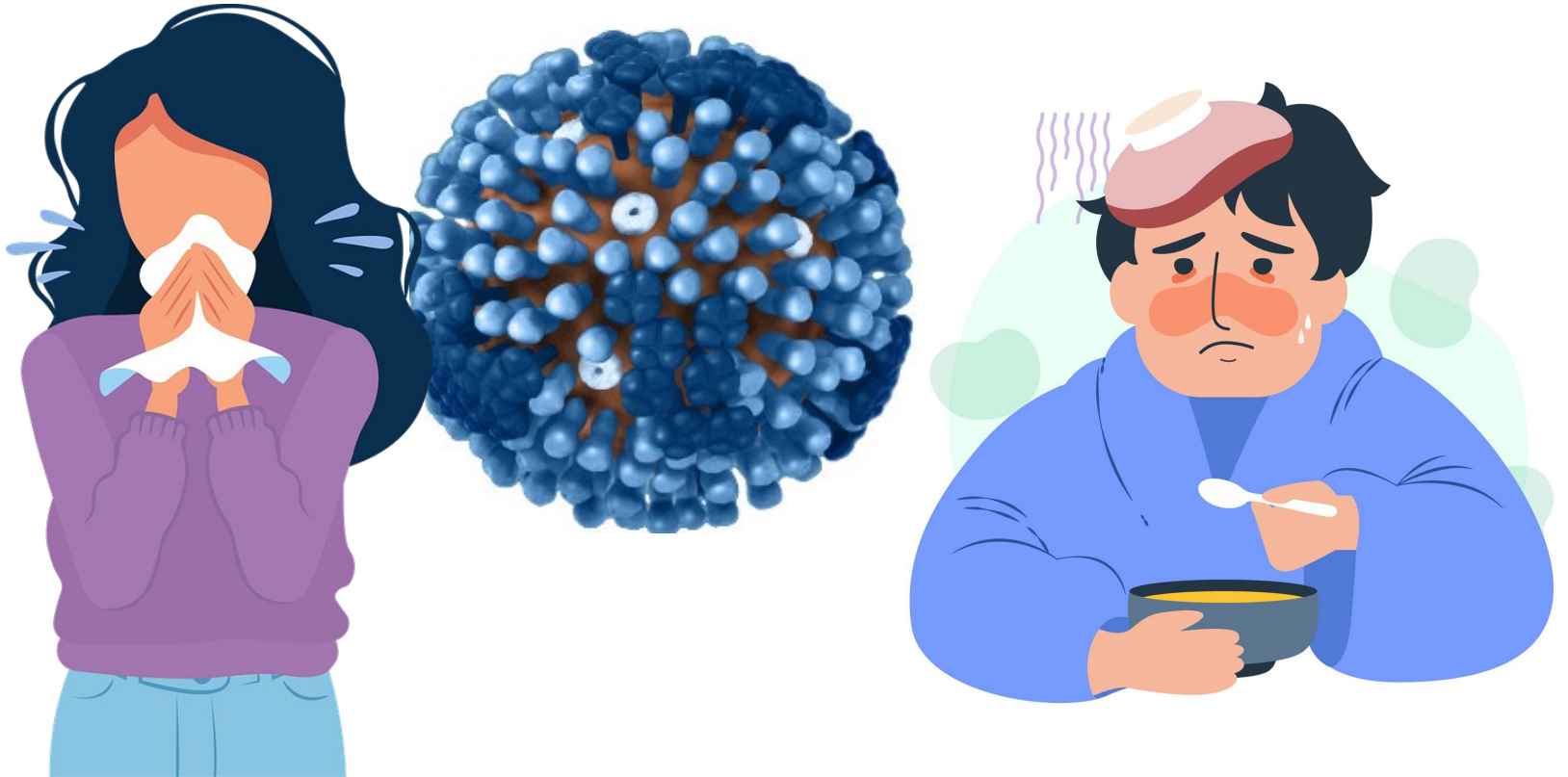


The Flu and Flu Vaccines



What is Influenza or the Flu?

Flu is a **contagious respiratory** illness that can be serious. It is a seasonal illness and occurs mostly in the fall and winter. Every year the flu makes millions of people sick. Some are hospitalized and some even die from the flu.

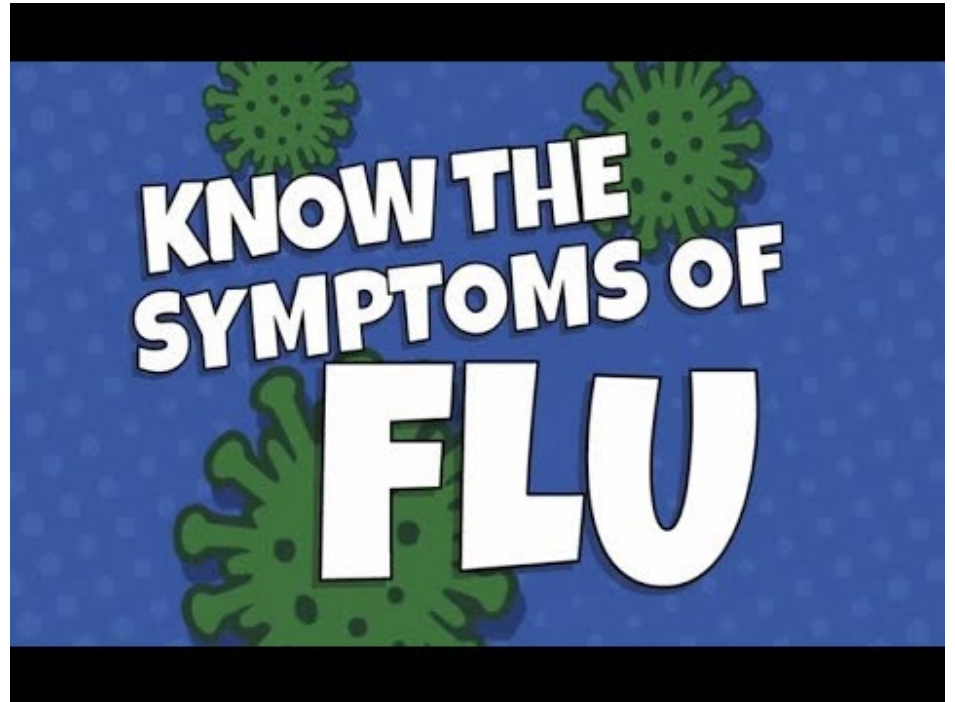
Contagious: Spreads from one person to another

Respiratory: The parts of the body that help you breathe

What Are the Symptoms of Flu?

Flu usually comes on suddenly. You may have all or some of these symptoms:

- Fever
- Cough
- Muscle aches
- Sore Throat and runny nose
- Headache
- Tiredness



WHAT SHOULD YOU DO IF YOU GET FLU?



How Can I Keep From Getting and Spreading Flu?

- Wash your hands **frequently**
- Wear a mask
- Try not to touch your eyes, nose and mouth
- Cover your coughs and sneezes
- Stay home if you feel sick
- Get a flu vaccine



Frequently: Many times, often

What is a vaccine?

A vaccine helps your body's immune system fight off disease. Vaccines are usually shots, but can sometimes be taken by mouth or sprayed in the nose.

You have probably already received many vaccines: polio, measles, mumps and chickenpox vaccines are usually given to children.



Why Should I get a Flu Vaccine?

Everyone six months and older should get a flu vaccine **every year!**

It helps protect you against illness. You can avoid missing school or work.

Flu can be serious. If you get flu, you might have to go to the hospital. Every year tens of thousands of people die from flu.

When you get a vaccine, you are protecting the people around you from flu, especially if they have chronic health problems.

When should I get my Flu Vaccine?

It is important to get a flu vaccine **every year**. The flu virus constantly changes. Getting a shot every year helps keep you protected.

You should get your flu shot in the fall. The CDC recommends that everyone have their flu shot by the end of October, but you can continue getting it until flu season is over.

Questions about the Flu Vaccine

Is it safe? Yes, the flu vaccine has an excellent safety record. Hundreds of millions of Americans have safely received the flu vaccine in the last fifty years.

Will I get sick from it? You may have mild side effects, such as a sore arm, aches and a low grade fever.

Will it give me the flu? No, you cannot get the flu from the vaccine.

Can pregnant women get the vaccine? Yes! And studies show that the vaccine can protect their babies for several months after birth.

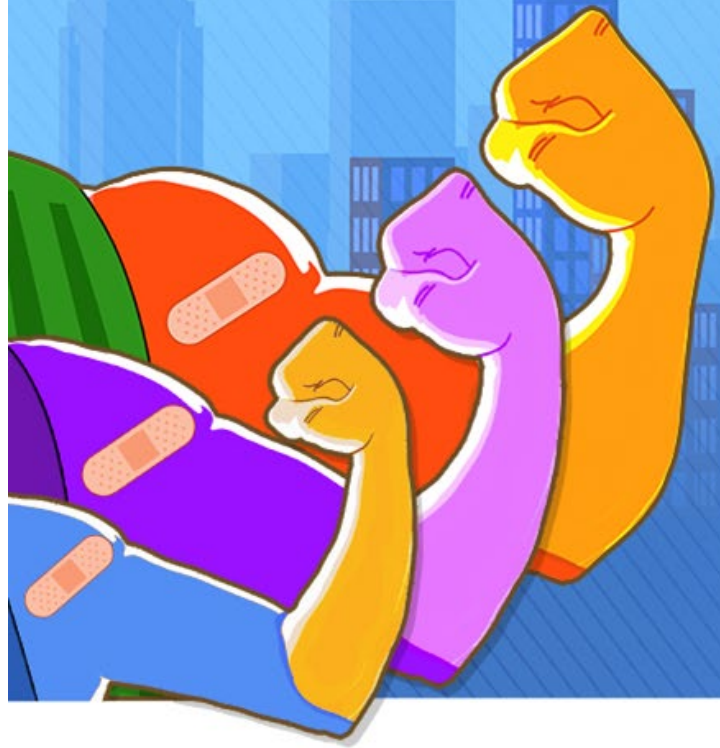
Do flu shots work? The vaccine reduces the risk of having to go to the doctor by 40% to 60%. If you do get the flu, you may not get as sick.

Is it ever too late to get the flu shot? You should get your shot by October, but you can get it as late as January.

How Do I Find a Flu Vaccine?

The Center for Disease Control has an easy to use tool to help you find a flu vaccine. It can be translated into many languages.

[CDC Vaccine Finder](#)



GET YOURSELF AND YOUR FAMILY **VACCINATED!**

A yearly flu vaccine is the first
and most important step in
protecting against flu viruses.

Another Reason To Get A Flu Vaccine

Show proof of your vaccine to your tutor and you will receive a \$20 gift card to Stop & Shop from LVGH!

Information, graphics and video taken from:

CDC Seasonal Influenza Resource Center. <https://www.cdc.gov/flu/resource-center/toolkit/index.htm>. 2022.