

Flu Prevention Facts and Tips

Getting a flu vaccine is an essential part of protecting yourself and others' health this year. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. By vaccinating, you are protecting your loved ones, the elderly and the immunocompromised.

Adults 65 years and older

If you're over 65, the flu can be especially dangerous. Ask your provider if a high-dose shot is right for you.

Children and Flu

Children younger than 5 years old, especially those younger than age 2, are at high risk of developing serious flu-related complications. The flu mist will be available again this year as an alternative to the shot.

Pregnancy and Flu

The flu shot is recommended for women at any stage of pregnancy. A baby born to an immunized mother is also immune for the first few months of its life.

Flu Symptoms May Start Suddenly and include:

- Fever
- Runny or stuffy nose
- Headache
- Body ache
- Tiredness
- Diarrhea and vomiting
- Cough
- Sore throat

Schedule your Flu Shot Today:

The flu shot is now actively being distributed to providers in our community like pharmacies, clinics and doctors' offices. Call ahead to make sure your provider of choice has the shot ready for you.

