



Fighting Flu Season

It's that time of year again, and the much dreaded flu season is approaching rapidly. Being proactive and getting the Influenza Vaccine can help protect against contracting a flu virus and is highly recommended by the Center for Disease Control and Prevention (CDC). According to CDC, a yearly flu vaccine is the first and most important step in protecting against flu viruses.¹ While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common among people.¹ If your excuse for not getting vaccinated is that you're terrified of needles, no need to fret! The nasal spray flu vaccine is also available to healthy individuals between the ages of 2 and 49.¹ To find out more information on the Influenza Vaccine, contact your Primary Care Physician to explore all your options.

In addition to getting vaccinated, taking daily precautionary steps can also reduce the risk of spreading germs. Follow these easy guidelines to help yourself and others around you stay healthy and flu-free!



Cover your nose and mouth with a tissue when you cough or sneeze, then dispose of the tissue after you use it.²



Avoid touching your eyes, nose, and mouth. Germs spread quickly this way.²



Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.²



While sick, limit contact with others as much as possible to keep from spreading infection.²



Try to avoid contact with sick people.²



If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)²

References:

1. Center for Disease Control and Prevention (2011). Key Facts About Seasonal Flu Vaccine. August 15, 2011. <http://www.cdc.gov/flu/protect/keyfacts.htm>
2. Center for Disease Control and Prevention (2011). CDC Says "Take 3" Actions To Fight The Flu. August 10, 2011. <http://www.cdc.gov/flu/protect/preventing.htm>