



FLU SHOTS ALREADY AVAILABLE . . . BUT WAIT!



The “**FLU**” is a contagious respiratory disease that is caused by a virus. It is transmitted when a sick person sneezes, coughs or talks. The virus is expelled into the air and can be inhaled by anyone who is in close proximity. It can also be transmitted by direct hand contact and the virus can live for hours on doorknobs and phones. Symptoms can include a fever of 101° - 104°, chills, headache, a dry cough, weakness, loss of appetite, sneezing, runny nose and aching muscles. These symptoms can last for 5-7 days.

Although we’re already seeing signs around town that flu shots are available, it might be a good idea to wait a while before you get yours! Flu season can continue until May, so according to Krista Hill, M.D., the **BEST** time to get a flu shot is late September, October or November so that you’ll still be protected throughout the **ENTIRE** flu season.

The flu vaccine protects you against the three (3) influenza viruses . . . the ones they think will be the most common this flu season. The 2011 flu vaccine will protect you against the H1N1 virus and two (2) other viruses: H3N2 virus and an influenza B virus. About two (2) weeks after vaccination, antibodies develop that provide you protection.

FYI . . . YOU CANNOT GET THE FLU FROM THE FLU SHOT!! The flu “**SHOT**” is an inactivate vaccine (containing killed virus) that is given with a needle and is approved for use in individuals greater than 6 months old including healthy people, people with chronic conditions and pregnant women.



The “**NASAL SPRAY**”, however, is flu vaccine made with a live, weakened flu virus and is approved for use in “healthy” people, 2-49 years of age who are not pregnant. It can cause flu-like symptoms in some individuals and should not be given to anyone that comes in close contact with other individuals that have certain health conditions: individuals with current infections, recent hospitalizations, chemo-therapy patients and those with compromised immune system

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

