

## Have You Gotten Your Flu Shot?

1 in 5 people in the US may get the virus each influenza season. Annual immunization is safe and effective. Good hand washing, covering your mouth while coughing or sneezing and isolating sick people can also help to prevent spread of the disease.

### Who should get vaccinated?

- Everyone 6 months of age and older

### Who is most at risk of contracting Influenza?

- Children
- People with chronic health conditions such as asthma, heart disease or diabetes
- People 65 years of age and older

### Who should not be immunized?

- People with severe allergies to eggs
- People who have had a severe allergic reaction to a past Influenza vaccination
- Children less than 6 months of age

### Symptoms of Influenza include

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting, diarrhea

Influenza is spread by respiratory droplets caused by coughing or sneezing. It is usually spread from person to person though sometimes people become infected by touching something contaminated with the influenza virus and then touching their mouth, eyes or nose.

Call your Pediatrician or Primary Care Doctor to make an appointment for your flu shot.

Check the Minnesota Department of Health website for flu clinic dates and locations. <http://www.health.state.mn.us/>

American Heart Association, 2011  
American Lung Association, 2011



