

Flu Facts

- Flu vaccine is the best way to prevent infection.
- Each year, an estimated 5 to 20 percent of the population contracts influenza.
- Each year, 200,00 people are hospitalized and 36,000 die from flu and its complications.
- Flu is contagious up to 1 day before and 5 days after symptoms appear.
- Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and even death.



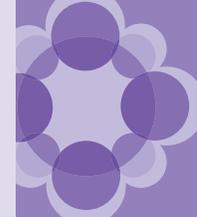
Fight the Flu

Part of a Healthy Lifestyle.

For more information about Flu Prevention, contact the Florida Department of Health, Immunization Section at 850-245-4342, visit www.ImmunizeFlorida.com/, or send an email to Immunization@FLHealth.gov.



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Fight the Flu!



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Part of a Healthy Lifestyle.

A foundation of health
will last a lifetime.



Who Should Get the Seasonal Flu Vaccine?

- Anyone who wants to reduce the risk of becoming ill with influenza or transmitting influenza to others.
- Anyone older than 6 months can get the flu shot, with rare exceptions.
- All women who will be pregnant during the influenza season.
- Adults and children with any of the following conditions:
 - A chronic disorder of the lungs or heart.
 - A chronic disease of the blood, liver, or kidneys, diabetes or HIV infection.
 - A weakened immune system.
 - Certain muscle or nerve disorders.
- All residents of nursing homes or other chronic-care facilities.
- All healthcare personnel.
- All contacts of vulnerable populations (including children under 6 months of age).
- Anyone planning to travel to an area of the world with influenza activity.
- The following people should not receive the seasonal flu vaccine:
 - people with a severe allergic reaction to influenza vaccine
 - people with Guillain-Barré syndrome
 - people who are moderately or severely ill with or without fever should wait until they recover

There are Two Types of Vaccines:

1 The “flu shot”

Traditional flu vaccines are made to protect against three different flu viruses (trivalent vaccine) are available. In addition, flu vaccines made to protect against four different flu viruses (quadrivalent vaccines) are also available. The flu shot is approved for people 6 months of age and older, including healthy people and people with chronic medical conditions.

2 The nasal-spray flu vaccine

A vaccine made with live, weakened flu viruses that do not cause the flu (also called LAIV for “Live Attenuated Influenza Vaccine”) is approved for healthy people two through forty-nine years of age. Check with your health care provider to see if you can receive LAIV.



Why do I Need to Get Vaccinated Against the Flu Every Year?

Flu viruses change from year to year. Last year’s flu vaccine may not protect against the newer viruses. You can get the flu more than once during your lifetime. That is why the influenza vaccine is updated to include current viruses every year.

Top 3 Reasons to Get Your Flu Vaccine

1 Prevents influenza-related death.

2 Prevents severe illness.

3 Protects other people.