

# HEALTH ALERT!

## Flu Shots Are The Best Way To Prevent Seasonal Influenza

(NAPSA)—With the start of seasonal influenza season, health-care officials at the Centers for Disease Control and Prevention (CDC) are reminding Americans that the single most effective way to prevent the flu is to get a flu shot. In particular, high-risk individuals are strongly encouraged to get vaccinated.

Here's why:

On average, every year, influenza:

- Infects 60 million people
- Hospitalizes 200,000 people
- Kills more Americans than breast cancer
- Kills two to three times more Americans than HIV/AIDS
- Kills the equivalent of a major league stadium full of people

The CDC has found that 92 percent of the pediatric deaths resulting from influenza during the 2007-2008 flu season were in children who weren't vaccinated. It's important to receive a seasonal influenza vaccine every year because there is a new vaccine produced each year to protect against the most current strains of influenza virus circulating.

Whether you are seeking the flu vaccination for an elderly par-



ent, a child, or yourself, there is an online resource where you can sign up to receive e-mail notifications reminding you to get your flu shot. Reminders can be scheduled at [www.findaflushot.com/reminder.php](http://www.findaflushot.com/reminder.php).

In addition to the flu shot reminder, [www.findaflushot.com/clinic](http://www.findaflushot.com/clinic) provides an online flu clinic locator. Visitors can find flu clinics by entering their ZIP code and, within seconds, a list of flu clinics is displayed with dates, times, and locations for vaccinations.

If you're at high risk for complications from the flu, looking to reduce healthcare costs for your family or just looking to stay healthy, the site, sponsored by Maxim Health Systems, can be a valuable flu resource. To learn more, call (866) 534-7330 or visit [www.findaflushot.com/clinic](http://www.findaflushot.com/clinic).