



HEALTH AWARENESS

Fight Flu

(NAPSA)—Health care officials say the best way to fight the flu is to get a flu shot. Vaccinations are the single most effective way to prevent the flu and 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 influenza activity report recently released from the Centers for Disease Control and Prevention (CDC) found that 92 percent of the pediatric deaths resulting from influenza were in children who weren't vaccinated. Each year the influenza strains change but, fortunately, vaccinations against influenza are also updated each year to protect against the current strains.

Whether you are seeking the flu vaccination for an elderly parent, a child or yourself, there's an online resource where you can sign up to receive e-mail



A newly designed Web site tells users when and where to get a flu shot.

notifications reminding you to get your flu shot.

In addition to the flu shot reminder, this newly designed Web site, 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.

Whether you're at high risk for complications from the flu, looking to reduce health care 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.