


Health Bulletin

Tips On How Best To Fight The Flu

(NAPSA)—Experts say the best way to protect your family from the flu is to get the facts and get vaccinated.

The condition that's commonly known as the flu is a contagious respiratory illness. More than 200,000 individuals are hospitalized annually in the U.S. as a result of serious flu-related complications and an average of 36,000 people die from the disease.

Flu shots are highly recommended for:

- Children aged 6 months until their 5th birthday;
- Pregnant women;
- People 50 years of age and older;
- People of any age with certain chronic medical conditions; and
- People who live in nursing homes and other long-term care facilities. 

According to the National Healthy Mothers, Healthy Babies Coalition, annual flu shots are especially important for people who are either at high risk of having serious flu complications or living with or caring for those at high risk.

Because the viruses that cause the flu are always changing, to be effective, the composition of the flu shot needs to change, too. That's why it's important to get a shot each year. The viruses in the flu shot are inactivated, so you cannot get the flu from the vaccine. The time to get a flu vaccine starts in September and continues into winter through January or later.

For additional information and resources on immunization, visit www.hmhb.org.