



#1 way to prevent the flu.....get the flu shot!

Flu is easily passed from person to person and the season is upon us. You don't want to end up losing valuable time by being sick or hospitalized.... So reduce your risk of getting the flu!

Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized and occasionally result in death. Examples of flu-related complications are pneumonia, bronchitis, sinus infections and ear infections. The flu also can make chronic health problems worse.

High risk patients include:

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women

OR THOSE WHO HAVE

- Asthma
- Neurological or neurodevelopmental conditions
- Chronic lung disease
- Heart disease
- Blood disorders
- Endocrine disorders
- Liver disorders
- Metabolic disorders
- Weakened immune system due to disease or medication
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese

For more information on seasonal influenza, please visit [CDC - Seasonal Influenza \(Flu\)](#) or for information regarding flu prevention [click here](#).