

Keep your kids and your community healthy.



Get your flu shot!

Seasonal Flu Tips

- Children, the elderly, health care workers and others prone to getting the flu should get their flu shot every year.
- For extra safety, people you live with or spend a lot of time with should also get a flu shot. You are less likely to get the flu if the people around you don't have it.
- The best time to get a flu shot is between mid-October and mid-November. This helps your body fight the flu during the height of the flu season, which is generally December through March.

Key Facts about Seasonal Flu

- Seasonal flu is a disease that causes mild to severe illness. Each year in the US, there are 25-50 million infections, over 200,000 hospitalizations and 36,000 deaths due to flu.
- The seasonal flu virus is easily spread through coughing or sneezing and by touching a hard surface with the virus on it and then touching your nose or mouth.
- The best way to prevent the flu is to get a flu shot each year. The shot takes one to two weeks to start working and is 70 to 90 percent effective in preventing the seasonal flu.
- The flu shot will not give you the flu! The shot is a vaccine that helps protect you against the seasonal flu virus. This shot will not protect you against the novel H1N1 influenza A (Swine Flu) virus.

The Importance of Seasonal Flu Shots

- Children can catch the flu more often than adults. Parents should keep their sick children at home so they do not spread the flu to others.
- For older adults and others who are at risk of complications, a flu shot can reduce hospitalizations by as much as 70 percent and deaths by 85 percent.
- The best way to protect yourself, your family and your community against the flu is to get a flu shot each fall.

GET A FLU SHOT! For more information on seasonal flu go to: www.healthyarkansas.com

