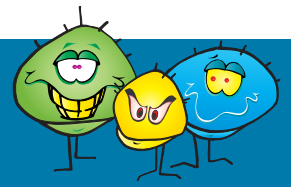


Protect the ones you love... Protect yourself against the flu...Get vaccinated



Flu can be a serious disease...

The seasonal “flu” is caused by influenza viruses that infect the nose, throat and lungs. For some, the flu can be a mild illness with several days of fever, aches and chills. However, for others, influenza infection can cause severe illness and life threatening complications. Each year more than 200,000 people are hospitalized from seasonal flu related complications and over 36,000 people die from flu related causes, and these numbers do not even include the highly contagious atypical H1N1 (swine) flu that arrived last year and is expected to return this flu season.

Influenza spreads easily...

Persons infected with influenza but not having any symptoms can spread flu just the same as those with obvious signs of the disease. Coughing, sneezing and close contact can spread flu throughout an extensive area. Touching an object that was previously touched or sneezed upon by an infected person can also spread the disease.

Flu symptoms can be mild to severe...

Unlike the common cold, flu symptoms come on suddenly without warning. Usual symptoms include high fever, chills, aches, cough, runny nose and congestion. Respiratory distress (difficulty breathing), a more serious condition, can lead to complications such as pneumonia and death. Bacterial pneumonia is the most frequent complication of seasonal influenza.

Prevent seasonal influenza - get the flu vaccine...

The Centers for Disease Control (CDC) recommends that all children 6 months and over, **as well as all adolescents and adults**, receive the influenza vaccine annually. Many parents and guardians vaccinate their children but don't believe they themselves need the flu vaccine.

Even if you don't believe you need protection from influenza, think of those around you who cannot get the vaccine, such as infants under 6 months of age or those who may be immunocompromized and may not receive full benefit from the vaccine, or those elderly persons who may not get optimum protection from the vaccine. Best protection comes with vaccination.

Health experts recommend that patients may be vaccinated as soon as vaccine becomes available which can be as early as August or September.

Vaccines can't cause flu...

There are two types of influenza vaccines. The “flu shot” is made from inactivated (killed) viruses. The second vaccine is a made from weakened live viruses and is sprayed into the nose. Both vaccines protect against influenza but **neither vaccine can cause the flu.**

Do YOU need flu vaccine?

YES! Protect yourself, those you love and those in the community who cannot protect themselves. Get vaccinated.



Children's Hospital
of The King's Daughters
Health System

For more information and updates, visit CHKD.org/flu