

The *Flu* Ends with *You*



Influenza (Flu) is a virus that affects thousands of people each year. The peak season for flu is October—May.

You may be asking why should I get the flu shot now? The flu vaccine takes about 2 weeks to fully take affect, so if you wait until the peak of flu season you run the risk of getting the flu even though you received the vaccine, because it has not had time to work yet.

The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that may occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches



Can I get a flu vaccine if I am allergic to eggs?

The recommendations for people with egg allergies have been updated for this season.

1. People who have experienced only hives after exposure to eggs can get any recommended flu vaccine that is otherwise appropriate for their age and health.
2. People who have symptoms other than hives after exposure to eggs, such as:
 - Angioedema
 - Respiratory distress
 - Lightheadedness
 - Recurrent emesis
 - Patients who have needed epinephrine or another emergency medical intervention

These patients can get any recommended flu vaccine that is otherwise appropriate for their age and health, but the vaccine should be given in a **medical setting and be supervised by a health care provider** who is able to recognize and manage severe allergic conditions. People with egg allergies no longer have to wait 30 minutes after receiving their vaccine.

Updates this flu season:

1. Flu vaccines have been updated to better match circulating viruses
2. Only injectable flu shots are recommended this season
3. The flu vaccine recommendations for people with egg allergies have changed
4. Generic versions of Tamiflu, the flu antiviral drug oseltamivir have become available



How to **prevent** the spread of the flu:

1. Get the flu vaccine—everyone ages 6 months and older should get the vaccine every year, especially children, pregnant women, healthcare workers and the elderly
2. Wash your hands frequently and avoid contact with sick persons. If you have a fever stay
3. If your doctor prescribes an antiviral medication, (example, Tamiflu) take it for the full course of therapy

home for 24 hours to avoid spreading the virus.

7 WAYS TO FIGHT THE FLU

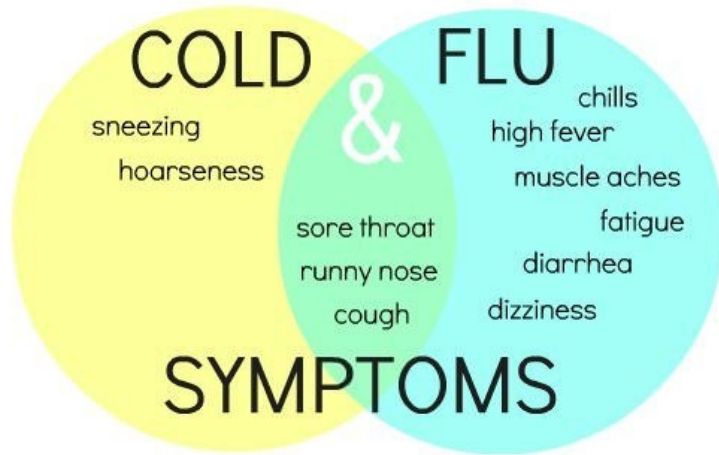
How are you going to fight the flu today?

-  Get your flu shot
-  Wash your hands
-  Stop smoking
-  Avoid touching your face
-  Eat your fruits and veggies
-  Sneeze and cough into your elbow
-  Stay home if you're sick

With the fall season approaching, many people will start to get sick, but how will you know exactly what is causing your symptoms? The diagram below compares symptoms of a *common cold* verses the *flu*.

Your local pharmacist can give the following vaccines to adults 18 and older:

- Influenza/Flu
- Pneumonia
- Tetanus/Diphtheria/Pertussis (Tdap)
- Meningitis
- Shingles (if over 60 years old)



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Stop by your Pharmacy or Doctor's office today to get your flu shot & protect you and your loved ones from the flu