



A Little Shot Can Make a BIG Difference!



Why is the Flu shot Important?

What is the flu?

The flu is a contagious respiratory infection that causes fever, chills, sore throat, tiredness, body aches, cough and it can even become more severe causing vomiting or diarrhea.

This respiratory infection is caused by the influenza virus which is very contagious.

The flu is spread through tiny droplets that come out while talking, coughing or even sneezing. It is important to keep hands clean and prevent cough and sneezes from getting onto others.



Who should get the flu shot?

- Everyone is recommended to get the flu shot.

Only infants ≥ 6 months are recommended to get the flu shot.

- Pregnant women are recommended to get a flu shot.

However, speak to your doctor first before getting a flu shot.

- Anyone with low immune function should speak to their doctor before getting a flu shot.

It starts with you

Did you Know:



Flu season starts in early October and can last as late as May.



Children <6 months are not recommended to get the flu shot.



It takes 2 weeks for the flu shot to have full protection.



If you have an egg allergy, you should speak to your doctor before getting a flu shot.



Ages 6 months-8 years old should receive 2 flu shots at least.



Determining a flu from a cold is very difficult. Many of the same symptoms occur during a cold as well as during the flu but cold symptoms tend to be milder than flu symptoms. Here are some ways to tell the difference!



Symptom onset



Chills



Tiredness/Weakness



Sneezing/Stuffy Nose/Sore Throat



Chest Discomfort



Headache

COLD

Abrupt

Common

Usually

Sometimes

Common

Common

FLU

Gradual

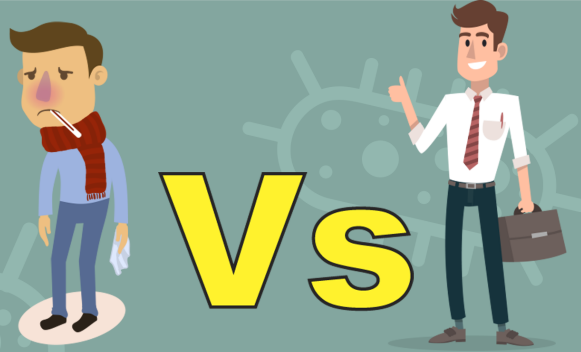
Uncommon

Sometimes

Common

Mild

Rare



Benefits of getting the flu shot!

The flu season last year in 2017, resulted in over 100 hospitalizations and over 100 deaths. Many of which, the patients were not immunized with the flu shot. Studies have shown that getting the flu shot has reduced hospitalizations in patient with cardiac conditions, lung conditions, diabetic patients and anyone who gets the flu shot. A 2017 study has also shown that getting the flu shot has reduced children related deaths due to influenza.

The influenza vaccine only provides protection for up to one year and the virus changes every season which is why it is important to get the flu shot every year to prevent illness from the new virus. The viruses in the flu shots are inactivated so you can not get the flu from the flu shot.

Get your Flu Shot!





Benefits of getting the flu shot!

As stated previously, the flu is contagious and can be spread from close contacts with sick individuals. The flu shot is important because it can prevent the spread of influenza and prevent serious illness in patients that do not have a strong immune system to fight off the infection.

- Reduces the chance of getting sick from the flu.
- Reduces chance of getting hospitalized due to the flu.
- Used as a preventative tool for patients with chronic health conditions.
- Protects woman during and after pregnancy and can protect a baby after birth from the flu.
- Reduces the risk of death in children due to the flu.
- If have the flu can reduce the severity of symptoms to mild.

Get your Flu Shot!



What to expect after getting the flu shot?

The flu shot can come in different forms such as a subcutaneous injection or a nasal spray. In 2017, the CDC recommended for the nasal spray not to be used for flu prevention so only the shot was administered.

The flu shot can cause mild, short term side effects that go away after a couple of days. Some of the main side effects include:

- Fever (low grade)
- Aches
- Soreness/redness/swelling where the shot was given
- An allergic reaction can occur with any vaccine so it is important to speak with your doctor or pharmacist before getting any vaccine.

5 Ways to Fight the Flu



**Get your
flu shot**



**Don't touch
your face**



**Sneeze/cough
into your elbow**



**Wash
your hands**



**Stay home
if you're sick**

**Fight
the
Flu**

It starts with you