



PROTECTING YOURSELF FROM THE FLU

Stay Flu-Free This Season

Flu season is here, and it's crucial to arm yourself against this contagious respiratory illness. According to the CDC, getting your annual flu shot can reduce your chances of hospitalization by 40–70% for flu-related complications. Since flu viruses evolve rapidly, a yearly vaccination is your best defense, as it's tailored to the most prevalent strains of the season.

Remember, the flu is highly contagious and can lead to severe illness, especially for those at higher risk. If you're in a high-risk group, such as the elderly or those with certain medical conditions, consult your provider at the first sign of symptoms for potential antiviral treatment.

Schedule your appointment today at your health center.

proactive **md**

Important Flu Facts

Who should get vaccinated:

Everyone 6 months and older (with a few exceptions).

Best time for vaccination:

September and October.

Build immunity:

It takes up to 2 weeks after receiving your flu shot to build immunity.

Common symptoms:

Fever, cough, chills, body aches, headache, fatigue, sore throat, and more.

Prevention:

Frequent handwashing, covering coughs/sneezes, avoiding those who are sick, and disinfecting surfaces.

Debunking a common myth:

The flu shot can't give you the flu; it's an inactivated virus. You may still develop flu-like symptoms because of a reaction, exposure during that initial 2-week window, a mismatch of the flu virus/vaccine, or another illness.

www.pmd.center/staywell