

Quick Shots

A friendly reminder to arm yourself against the flu



WHO NEEDS A YEARLY FLU VACCINE?

EVERYONE 6 months of age and older*

PEOPLE AT RISK

for Serious Flu Complications

- Infants and children less than 2 years old
- Pregnant women
- Adults 65 years of age and older
- People with certain medical conditions, such as diabetes, heart disease, kidney disease, and morbid obesity

STOP THE SPREAD OF FLU



- Wash hands often (with soap and water**).
- Cover your nose and mouth with a tissue when you cough or sneeze; throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Stay away from sick people.
- Stay home from school or work if you are sick (especially if you have a fever).

**Alcohol-based hand cleaners are effective but can affect blood glucose testing results.

WHEN?

As soon as vaccines are available, ideally by October

2 WEEKS

Time it takes for protection to develop after vaccination

DON'T GET A FLU SHOT

- While you have a cold or other respiratory illness
- If you're allergic to eggs

TYPICAL FLU SEASON



164.5 TO 173.5 MILLION

Flu vaccine doses manufacturers expect to provide for the 2015–2016 season, including shot and nasal mist versions

ILL WITH THE FLU?

- Antiviral drugs are only effective if given within 48 hours of getting sick.
- There are three FDA-approved influenza antiviral drugs: oseltamivir, peramivir, zanamivir.

FIND A VACCINE PROVIDER flushot.healthmap.org

*Some children between 6 months and 8 years of age may need two doses, given at least four weeks apart.