

Don't Wait. Vaccinate!

From Your Friends at Mary Immaculate Health/Care Services



Your Unit
Manager can
answer questions
you may have
about a flu shot
for your loved
one

What are the Benefits of Getting the Flu Vaccine?

- ◆ **PROTECTION** for yourself
- ◆ **PROTECTION** for newborns and infants who are too young to get vaccinated
- ◆ **PROTECTION** for people at high risk for complications from flu

It's Flu Season! Get Protected!

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and vaccination is the single best way to protect against influenza.

There are two reasons to get a yearly flu shot:

- ◆ Flu viruses are constantly changing. The vaccine may be updated from one season to the next to protect against the most recent and most common viruses.
- ◆ Immune protection from vaccination declines over time and annual vaccination is needed for optimal protection.

Who Should Get a Flu Vaccination?

Everyone is at risk for seasonal influenza. Health experts now recommend that everyone 6 months of age or older get vaccinated. At especially high risk for flu and related complications are:

- ◆ Pregnant women
- ◆ Children younger than 5, but especially children younger than 2 years old
- ◆ People 50 years of age or older
- ◆ People with certain chronic medical conditions
- ◆ People who live in nursing homes and other long-term care facilities
- ◆ People who live with or care for those at high risk for complications from flu
- ◆ For a complete list, see, "Who Should Get Vaccinated Against Influenza" at <http://www.cdc.gov/flu/protect/whoshouldvax.htm>

When to Get Vaccinated

Vaccination before December is best to ensure that the protective antibodies are in place before flu activity is at its highest. Antibodies typically develop in the body about 2 weeks after vaccination.

Flu vaccines are offered in many doctors' offices and clinics, as well as at local health departments, pharmacies, urgent care centers, and in some workplaces.

Flu shots will be available beginning on September 23 for MI Nursing/Restorative Center residents.