

WHY SHOULD MY FAMILY GET THE FLU SHOT???

THE CDC (CENTERS FOR DISEASE CONTROL AND PREVENTION) RECOMMENDS THAT EVERYONE AGE 6 MONTHS AND OLDER BE VACCINATED. IT'S NOT TOO LATE! FLU SEASON CAN STRETCH TO MAY, WITH PEAKS AS LATE AS FEBRUARY AND MARCH. IT TAKES A COUPLE WEEKS TO TAKE EFFECT –JUST SOMETHING TO KEEP IN MIND!

I'M SURE YOU'VE HEARD THIS: "I HAD THE FLU SHOT, AND IT MADE ME SICK." THERE ARE **NO LIVE VIRUSES** IN THE FLU SHOT – SO IT CANNOT ACTUALLY INFECT YOU. YOU MAY NOTICE SORENESS, REDNESS, AND/OR SWELLING AT THE INJECTION SITE...AND SOME FOLKS MAY DEVELOP ACHES OR A LOW-GRADE FEVER. KEEP IN MIND THAT THESE MILD SYMPTOMS ARE EVIDENCE THAT THE VACCINE IS STIMULATING YOUR IMMUNE RESPONSE!

HERE'S ANOTHER ONE: "I TAKE GREAT CARE OF MYSELF! I EAT RIGHT, GET PLENTY OF SLEEP, AND I EXERCISE – SO MY IMMUNE SYSTEM IS GREAT, AND THEREFORE I DON'T NEED A FLU SHOT!" SOMETIMES WE SHOULD BE GLAD THAT WE HAVE SOMETHING AVAILABLE TO BOOST OUR IMMUNE SYSTEM, AND THIS IS DEFINITELY ONE OF THOSE TIMES! IT'S NOT JUST ABOUT YOU, EITHER! GETTING IMMUNIZED HELPS PROTECT THE MOST VULNERABLE: NEWBORNS, OLDER ADULTS, AND THOSE WITH CHRONIC HEALTH CONDITIONS.

DURING THE 2017 – 2018 FLU SEASON, THE VACCINE WAS 40% EFFECTIVE. EACH YEAR, PUBLIC HEALTH OFFICIALS MUST PREDICT WHICH THREE OF FOUR VIRUSES ARE MOST LIKELY TO CIRCULATE IN ORDER TO MAKE UP THE VACCINE. IN LIGHT OF THAT FACT, 40% IS A GOOD OUTCOME. AND REMEMBER: IF YOU FAIL TO GET THE VACCINE, IT'S ZERO PERCENT EFFECTIVE!!!

MAKE NO MISTAKE, THE FLU IS LIFE THREATENING. IF YOU STILL HAPPEN TO CONTRACT THE FLU VIRUS AFTER GETTING VACCINATED, YOUR SYMPTOMS WILL MOST LIKELY BE LESS SEVERE.

IN SUMMARY: FLU: BAD!

FLU SHOT: GOOD!