

Flu Facts

- Flu vaccine is the best way to prevent infection.
- Each year, 200,00 people are hospitalized and 36,000 die from flu and its complications.
- Each year, an estimated 5 to 20 percent of the population contracts influenza.
- Flu is contagious up to 1 day before and 5 days after symptoms appear.
- Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and even death.



Flu Prevention

Part of a Healthy Lifestyle.

For more information about Flu & Pneumococcal Prevention, contact the Florida Department of Health, Bureau of Immunization at (850) 245-4342, visit www.ImmunizeFlorida.com/flu, or send an email to Immunization@doh.state.fl.us.

This document is not a complete medical guide for immunizations. Your healthcare provider will determine recommended age-appropriate immunizations based on your medical history. Visit www.cdc.gov for detailed information on vaccines.

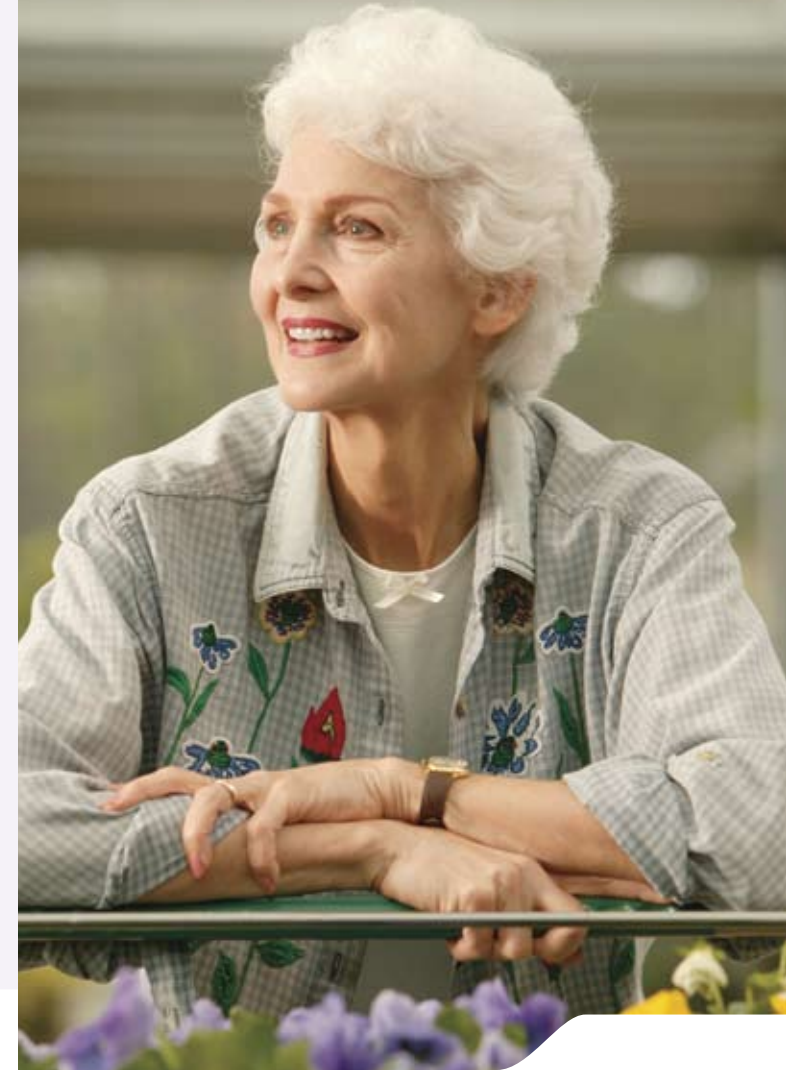


Bureau of Immunization

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Fight the Flu!



Flu Prevention

Part of a Healthy Lifestyle.

A foundation of health will last a lifetime.



Who Should Get the Seasonal Flu Vaccine?

- Anyone who wants to reduce the risk of becoming ill with influenza or transmitting influenza to others.
- Children and teenagers 6 months through 18 years of age.
- All women who will be pregnant during the influenza season.
- Adults and children with any of the following conditions:
 - A chronic disorder of the lungs or heart.
 - A chronic disease of the blood, liver, or kidneys, diabetes or HIV infection.
 - A weakened immune system.
 - Certain muscle or nerve disorders.
- All residents of nursing homes or other chronic-care facilities.
- All healthcare personnel.
- All contacts of vulnerable populations (including children under 6 months of age).
- Anyone planning to travel to an area of the world with influenza activity.

There are Two Types of Vaccines:

1 The “flu shot”

An inactivated vaccine containing three kinds of killed virus (also called TIV for “Trivalent Inactivated Influenza Vaccine”). It is given as an injection. The flu shot is approved for people 6 months of age and older, including healthy people and people with chronic medical conditions.

2 The nasal-spray flu vaccine

A vaccine made with live, weakened flu viruses that do not cause the flu (also called LAIV for “Live Attenuated Influenza Vaccine”). Check with your healthcare provider to see if you can receive LAIV.



Why do I Need to Get Vaccinated Against the Flu Every Year?

Flu viruses change from year to year. Last year’s flu vaccine may not protect against the newer viruses. You can get the flu more than once during your lifetime. That is why the influenza vaccine is updated to include current viruses every year.

Top 3 Reasons to Get Your Flu Vaccine

1 Prevents influenza-related death.

2 Prevents severe illness.

3 Protects other people.