

PREVENTING THE FLU

Protect Yourself

You can protect yourself from getting the flu this winter season by getting a flu shot. The Home Care Network will be offering flu shots from October through December to clients getting home health services.

What is the Flu?

- A respiratory infection caused by a virus.
- Commonly occurring from November through April.
- Usual symptoms are fever, chills, cough and muscle aches which can last from a few days to a week.
- Recovery is usual but complications such as pneumonia or death could develop.

What is Flu Vaccine?

- It is made from killed viruses.
- It does not give you the flu.
- The viruses included in the vaccine change from year to year.
- Flu shots are given to adults by injecting into the muscle of the upper arm.
- The protective effects of the vaccine begin after about 1. to 2 weeks and last an average of several months.

Who should get the vaccine?

- Healthy people 65 and older.
- Adults and children with heart and lung disease.
- People who have: kidney disease, diabetes, anemia, severe asthma, cancer, AIDS or HIV positive, or persons who are taking medication that lowers the body's normal resistance to infection.
- People who are most susceptible to become seriously ill or die from the flu or its complications.

Who should not get the vaccine?

- People who have serious and dangerous allergic reactions to eggs. .Women who are pregnant.
- People who are presently acutely ill and have a fever.
- People who have had a previous attack of Guillian-Barre syndrome.

What kind of side effects are possible?

- Soreness at the injection site up to 48 hours.
- Slight fever or achiness 1-2 days after injection.

- As with any drug or vaccine, serious reactions can occur.

Please let your nurse know if you would like to receive a flu shot or want further information on fighting the flu.