

TAKE 3 ACTIONS
TO FIGHT THE FLU

FIGHT FLU

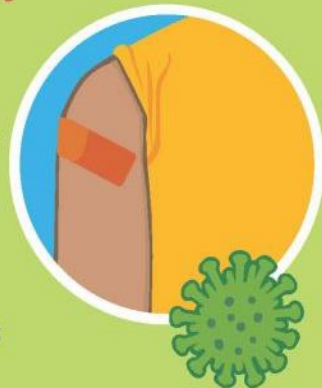


INFLUENZA

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

Everyone 6 months and older should get a flu vaccine each year. Flu vaccines...

- Can keep you from getting sick with flu
- Can reduce the risk of flu-associated hospitalizations including among children and older adults
- Are very important for people with chronic health conditions like diabetes and heart and lung disease
- Help protect both pregnant women and their babies for several months after birth from the flu



Source: Centers for Disease Control

Prayer: God of Hope. May we partner with those in whom you have instilled the gift of healing to protect us from disease and may we nurture and be kind to our bodies, that they may be able to fend off infection and distress.

Flu is Nothing to Sneeze At! Protect Yourself and Those You Love

Influenza continues to severely affect our families. In the flu season of 2017-18, about 80,000 Americans died from the disease. Scores of them were children who had not been vaccinated. Getting a flu shot can protect children from getting the flu.

It's better not to wait until flu season hits full-force to try to protect yourself and your children," says Dr. Cheryl Donovan-Hunt, a pediatrician with Advocate Medical Group in Libertyville, Ill. "It takes about two weeks or so for the vaccine to take effect and provide full protection."

Dr. Henry Bernstein, lead author of the American Academy of Pediatrics flu recommendations policy agrees. "Parents should not delay vaccinating their children. Influenza virus is unpredictable, and what's most important is that people receive the vaccine soon so they will be protected when the virus begins circulating."

Get a flu shot at your primary care provider, a retail pharmacy, or at a flu clinic in your area. [Find a place to get a flu shot here.](#)

If you are 65 years or older, the flu shot is covered by Medicare and is the best way to protect yourself and those you love from flu.

"By protecting myself
I am protecting her."

