

The Flu is Here!

Flu activity is increasing nationally and is high in some states. A flu vaccine is the first and best way to protect yourself and the people around you from influenza and its potentially serious complications.

Is it too late to get the flu vaccine? No – the flu typically peaks in February and may be present in the community thru May. If you have not gotten your flu vaccination yet this season, you should get one now.

Who should get the flu immunization?

- ✓ Everyone who is at least 6 months of age should get the flu vaccine this year. Even healthy people can get the flu. *As it did in 2009, the predominant strain causing the flu this year, H1N1, is targeting normally healthy young and middle aged adults between 20 and 50.*
- ✓ While everyone should get the flu vaccine, it is especially important for some people to get vaccinated. Those people include the following:
 - People who are at high risk of developing serious complications, like pneumonia, if they get sick with the flu:
 - ✓ People with asthma, diabetes, chronic lung disease and other similar medical conditions.
 - ✓ Pregnant women (consult your physician)
 - ✓ People younger than 5 years (especially younger than 2 years) and people over 65.
 - ✓ A complete list may be found on the CDC website at www.cdc.gov/flu
 - People who live with or care for others who are at high risk for developing serious conditions (see list above):
 - ✓ Household contacts and caregivers of people with certain medical conditions including asthma, diabetes and chronic lung disease.
 - ✓ Household contacts and caregivers of infants less than 6 months old.
 - ✓ Health care personnel.

Where can I get the flu vaccine?

- ✓ IHA still has an ample supply of the vaccine. Contact your physician's office to set up an appointment.
- ✓ Locations within your community such as CVS and Target can also administer the vaccine.
- ✓ The State of MI has a location finder at this link: [Where can I get the flu vaccine?](#) Scroll to the lower portion of the page, enter your zip code and a list of local places to get the vaccine will appear.

What are the symptoms of the flu (influenza)?

Symptoms usually occur 2 to 4 days after exposure and include:

- ✓ Fever (100.5-103 in adults and often higher in children) – not everyone with the flu will have a fever
- ✓ Cough, sore throat and a runny nose, or stuffy nose

- ✓ Headache and muscle ache
- ✓ Extreme fatigue

What should you do if you develop these symptoms?

- ✓ Stay home and avoid contact with individuals who could be particularly vulnerable.
- ✓ See your doctor if your symptoms persist.

More information may be found at:

- ✓ www.cdc.gov/flu
- ✓ Your local health department