

Don't Flu Around



Flu Shots Available at Caine

Wednesday, October 7th

2:00 to 4:00pm

111 William Street
Training Room

\$25 per shot

Family members 18 years
or older are welcome

Cost of shot due at time of
service.

This is NOT for the H1N1 flu.

Sales Associates sign
up by emailing Jo Anne

at jconner@coldwellbankercaine.com

Flu Prevention

It is possible for serious complications to arise from the flu, including bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes. This is why it is crucial to do all you can to prevent the virus from attacking you in the first place.

The CDC states that three simple steps should be taken in order to avoid the flu:

- 1) **Get a flu vaccine.** It is the first and most important step in protecting against the disease.
- 2) **Take preventive actions** – cover your mouth when you sneeze, and wash your hands often, especially if you are in the presence of people that may be infected. Hand sanitizers are just as effective if you can't get to the sink.
- 3) **Take antiviral drugs** if your doctor recommends them. These are prescription drugs that fight the flu by keeping the viruses from reproducing in your body.

Facts about the Flu

Yearly flu vaccination is recommended by the CDC for children ages 5-18. Vaccination should take place in September or as soon as the vaccine is available. Those in groups known as "high risk" should also receive a yearly flu shot. Those groups include children, pregnant women, people ages 50 and older, those who live in nursing homes or other long-term care facilities, and those who live with or care for those at high risk for the flu, such as health care workers.

Contrary to popular belief, you cannot get the flu from the flu vaccine – but sometimes side effects mimic those of the flu, such as a headache, low fever, and/or runny nose. These will only persist for a day or less, however.

Those who should NOT get a flu shot are people with a severe allergy to eggs, those who have had severe reactions to flu shots in the past, and people who previously developed Guillaine-Barre Syndrome in the first 6 weeks after getting a flu shot.