

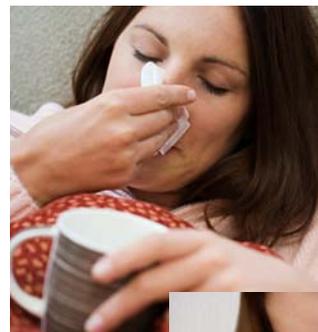
Health Promotion in Motion

Don't get the flu. Don't spread the flu. Get a flu shot.

Nobody wants to be sick, and the flu can be pretty awful – up to five days of high fever, dry cough, severe muscle aches, loss of appetite, headache, extreme fatigue, sore throat, and runny nose.

The best thing you can do to prevent the flu is to get vaccinated. It's time to plan for your influenza (flu) vaccination. And while you are planning, be sure to make an appointment for your children, your parents – your entire family.

Influenza (flu) can be a very serious illness. Each year, influenza causes about 36,000 deaths in the U.S. Flu season is November through May. Flu vaccine is available as a shot or as a mist inhaled through the nose. Influenza vaccine does not cause the flu.



Who Should Be Vaccinated

It's a good idea for most people to get a flu vaccine. The Centers for Disease Control and Prevention (CDC) recommends that healthy children and adolescents get a flu shot, too. Even if you are not in a high-risk group, you can carry the flu to someone who is. The high risk group includes:

- Children 6 months to 4 years of age
- Women who will be pregnant during the flu season
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes or other long-term care facilities

People who live with or care for others who are at high risk for flu complications should also get a vaccination. That includes:

- Healthcare workers
- Household contacts of people at high risk for complications
- Household contacts and out-of-home caregivers of children younger than 6 months of age (since these children are too young to be vaccinated)



When to Get Vaccinated

The best time to get vaccinated is October through January. In this region, people can still get the flu through late spring, so flu vaccine is made available through the month of May.

Where to Get Vaccinated

- **Children and adolescents, 6 months of age through 18 years** can receive an influenza vaccination at their medical provider's office at no charge for the vaccine.
- **Adults** are encouraged to
 - Call their physician's office
 - Contact their employee health office
 - Look for an influenza clinic on the DHHS website at www.dhhs.nh.gov/DHHS/CDCS/fluclinics.htm
 - No shortage of vaccine is expected for the 2008-2009 season.

Don't Get the Flu. Don't Spread the Flu.

To prevent becoming ill and spreading the flu and other winter illnesses:

- **Avoid** close contact with people who are sick.
- **Stay** home when you are ill to avoid making other people sick.
- **Cover** your mouth and nose with a tissue when you are coughing or sneezing—or cough or sneeze into your elbow—to avoid spreading germs.
- **Refrain** from touching your eyes, nose, and mouth because hands are the best germ carriers.
- **Wash** your hands often to help avoid becoming sick.
- **Wash** your hands after sneezing or blowing your nose.
- **Practice** good health habits:
 - Get plenty of sleep
 - Eat a healthy diet
 - Be physically active
 - Drink plenty of water.
- **Ask** your doctor or nurse if they have had their flu vaccine this year. Healthcare workers should receive flu vaccine every year to protect their patients from getting the flu.



Talk to your healthcare provider for more information on influenza or visit the DPHS Immunization Program page on the DHHS website at: www.dhhs.nh.gov/DHHS/IMMUNIZATION

Visit the CDC flu website at www.cdc.gov/flu.