

## Protect Yourself and Others: Get the Flu Vaccine!

Whether you love fall or not – the changing leaves, shorter days, longer nights, and pumpkin spice everything – it is here. So, too, is flu season.

Influenza (flu) is a highly contagious viral infection of the respiratory passages causing fever, severe aching, and congestion, and often occurring in epidemics. People with flu can spread it to others as far as 6 feet away, mainly by droplets made when people with flu cough, sneeze or talk.

Millions of Americans (143.2 million in 2013-2014) take the advice of the Centers for Disease Control and Prevention in that the best protection from the virus is to be vaccinated annually. With good reason, too as an infected person can spread the virus one day before showing symptoms (or even knowing they are sick) and up to seven days after they get sick.

There are many misconceptions about the vaccine, what it does, and its side-effects. For example, some may think that you can get influenza from the vaccine (you can't). In fact, if you get flu immediately following your vaccination, it's likely that you were exposed to the virus just before or during the two-week waiting period after receiving the vaccine (it can take up to two weeks to take effect).

WellLiving highly encourages all people to speak to their family physicians about their concerns of receiving the vaccine, prior to making their final decision.



### Who, When and Where?

The Centers for Disease Control and Prevention Recommend the Following.

#### Who should receive vaccine?

- Those 6 months or older. Consult your doctor prior to receiving the vaccine if you're severely allergic to eggs, are feeling ill, or have ever had Guillain-Barré Syndrome.

#### When to receive the vaccine.

You should get vaccinated annually. The flu season gets stronger in October, peaking between December and February. Remember, vaccinations take up to two weeks to start working.

#### Where to receive the vaccine.

Depending on medical history, you may be able to get the vaccine at your local pharmacy in addition to your physician's office. Those with severe allergies to eggs are to receive the shot in a medical setting.

SOURCES: Mayo Clinic, CDC