



FIGHT FLU

Take time to get a flu vaccine

Everyone is at risk for seasonal influenza. CDC recommends everyone six months and older get a flu vaccine.

The best way to protect against the flu is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization or even death. Every flu season is different and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.



When to get vaccinated

Fall is the best time to get your annual flu vaccine. The timing of flu outbreaks is unpredictable. Seasonal flu outbreaks can happen as early as October and last as late as May. Receiving a flu vaccine is a condition of employment at Centura Health. You will need to provide your proof of vaccination/exemption by Nov. 15, 2017.

| People who can get the flu shot: | People who can't get the flu shot: | People who should talk to their doctor before getting the flu shot: |
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| <p>Different flu shots are approved for people of different ages, but there are flu shots that are approved for use in people as young as six months of age and up.</p> <p>Flu shots are approved for use in pregnant women and people with chronic health conditions.</p> | <p>Children younger than 6 months are too young to get a flu shot.</p> <p>People with severe, lifethreatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients.</p> | <p>If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your doctor about your allergy.</p> <p>If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. Talk to your doctor about your GBS history.</p> <p>If you are not feeling well, talk to your health care provider about your symptoms.</p> |

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION / WWW.CDC.GOV/FLU

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

