

Where can I get flu vaccine?

Check with your:

- Health-care provider.
- Local public health unit.
- Local pharmacist.

For more information about flu, visit

www.ndflu.com

Should I get a pneumonia shot?

Because pneumonia can be a serious complication of the flu, it is also important to get your pneumonia vaccination.

How often do I have to get a pneumonia shot?

People 65 and older need only ONE vaccination. This protects them for a lifetime.

Remember ... You can get a pneumonia shot at any time of the year.

FLU VACCINE ...

your best line of defense!

This message is brought to you by:

- North Dakota Department of Health
- North Dakota Department of Human Services — Aging Services Division
- North Dakota Department of Human Services — Medical Services Division
- North Dakota Public Health Association
- BlueCross BlueShield of North Dakota
- North Dakota Pharmacy Association
- AARP ND
- North Dakota Medical Association
- North Dakota Health Care Review, Inc.
- Greater Grand Forks Immunization Coalition

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Are You at High Risk for Flu?

Facts for Those Age 65 and Older



What is the flu?

Influenza, also called the “flu,” is one of the most serious illnesses of the winter season. It is not like a cold or a “24-hour bug.”

Symptoms of the flu:

- High fever (over 100°F)
- Headache
- Cough
- Sore throat
- Body aches



How can I protect myself?

The best prevention is **flu vaccine**. It is the safest and easiest method of protection.

Other ways to help prevent the flu from spreading are:

- Covering your mouth and nose when you cough or sneeze.
- Throwing tissues in the trash.
- Washing your hands often or using an alcohol hand rub.

How does the flu affect me?

Flu can lead to pneumonia. Since 1999, more than 2,000 deaths in North Dakota have been linked to influenza and/or pneumonia. More than 90 percent of those deaths occurred in people 65 and older.

The flu vaccine has been shown to reduce flu-related hospitalizations by 50 percent and flu-related deaths by 80 percent for those 65 and older.

Is the vaccine safe?

Yes. Few people who receive the flu vaccine have problems. Some minor side effects are:

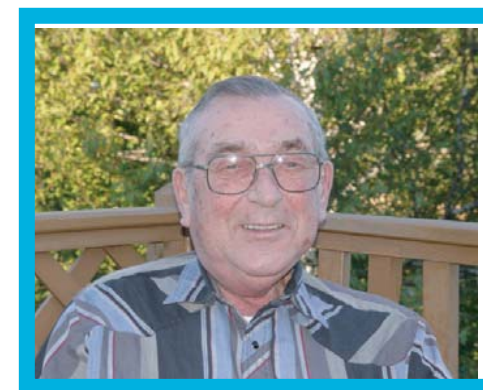
- Soreness, redness or swelling where the shot was given.
- Slight fever.

People who have a severe allergy to eggs should not get the vaccine.

If you have other concerns, contact your health-care provider.

Remember ... you can't get the flu from the flu vaccine!!

Who should get flu vaccine?



“I get vaccinated every year. They’ve kept me healthy every winter for the past 10 years. I really believe in the importance of getting vaccinated.”

- Ed Leer, Alexander, N.D.

How much does the flu vaccine cost?

The price of a flu vaccine will vary; however, Medicare Part B will cover the cost of the flu vaccine for those 65 and older.

When should I get vaccinated?

October or November is the best time; however, flu vaccine given later in the flu season can still protect you against the flu.