

Where Can You Get Flu Vaccine ?

Check with your:

- Doctor or health-care provider.
- Local public health unit.
- Local pharmacist.

Or visit:

www.ndflu.com

FLU VACCINE ...

Get yours Today!

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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Flu — Not Just a “Nuisance” Disease

Influenza, also called the “flu,” is an infection of the nose, throat and lungs. It is one of the most severe illnesses of the winter season. It is not like a cold or a “24-hour bug.”

The flu:

- Affects all ages.
- Can last for weeks.
- Is very easy to pass along to others.

Symptoms of the flu:

- Fever
- Headache
- Cough
- Sore throat
- Body aches



Because the flu can lead to pneumonia, it’s important to prevent the disease.

Each year, about 400 North Dakotans die from flu or pneumonia complications.

Influenza can harm anyone. **The best prevention is the flu vaccine.** By getting vaccinated, you protect yourself, your family and your friends.

Too Late To Get A Flu Vaccine?

The flu vaccine can be given at any time during the flu season. Flu vaccine later in the flu season still can protect you against the flu. The flu season in North Dakota usually peaks in January or later.

Who Should Get a Flu Vaccine?

- Adults 50 or older
- Children ages 6 months through 18 years
- Adults and children with a chronic health condition*
- Health-care workers
- Women who will be pregnant during the flu season
- Household members or caregivers of infants younger than 6 months and those listed above
- Anyone who wants to prevent the flu

*Includes health problems such as heart disease, diabetes, kidney disease, asthma, cancer, HIV/AIDS, and children receiving long-term aspirin therapy. Also includes people with conditions that may interfere with respiratory functions or their ability to handle oral secretions, such as swallowing difficulties, cerebral palsy, muscular dystrophy, brain injury (i.e., some people with developmental disabilities), and people with seizure disorders, spine injuries or weak muscles.

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