

How often do I have to get vaccinated?

People should get vaccinated every year. Flu viruses change from one year to another, and immunity to the flu does decline over time.



“I have several chronic health conditions, so for me the flu could be life threatening. Getting vaccinated every year is necessary.”
— Brian Korte, Minot, N.D.

Where can I get vaccinated?

Check with your:

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

For more information about flu, visit

www.ndflu.com

FLU VACCINE

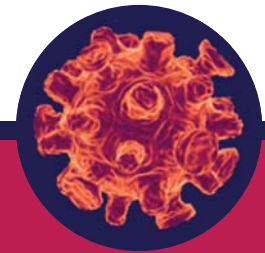
your best line
of defense!



NORTH DAKOTA
DEPARTMENT *of* HEALTH

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THE FLU & YOU



Facts for People With Chronic Health Problems

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 does the flu affect me?

Flu can lead to pneumonia and other complications. These complications could result in hospitalization and even death.

How can I protect myself?

The best prevention is the **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.
- Avoiding touching your nose and mouth.
- Washing your hands often or using an alcohol hand rub.
- Staying home when sick.

Who should get vaccinated?

Flu vaccine is recommended for everyone 6 months and older, especially those with the following health conditions:

- Heart disease
- Lung disease including asthma
- Chronic metabolic diseases, including diabetes
- Kidney dysfunctions
- Immunosuppression due to any of the following: cancer, HIV/AIDS and other diseases, certain medications and steroid use
- Long-term aspirin therapy by children and adolescents
- People who are morbidly obese
- People with any condition that may interfere with respiratory functions or their ability to handle oral secretions, such as swallowing difficulties, cerebral palsy, muscular dystrophy, brain injuries (i.e., some people with developmental disabilities), seizure disorders, spine injuries or weak muscles

Check with you doctor about all other illnesses or conditions.

When should I get vaccinated?

As soon as vaccine becomes available, usually October or November; however, flu vaccine given later in the flu season still can protect you against the flu.

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

Who should get flu vaccine?



“With having both asthma and diabetes, I have enough to worry about. I get the flu vaccine every year to prevent the flu and its complications.”

— Lynnette Ennen, Menoken, N.D.

How much does the vaccine cost?

The price of the flu vaccine will vary. Most insurance companies will cover the cost of the vaccine. If you don't have health insurance, contact your local public health unit.

Is the vaccine safe?

Yes. Few people who receive the flu vaccine have problems. People with severe egg allergies should consult their health-care provider prior to receiving flu vaccine. If you have concerns, contact your health-care provider.