

Where can I get vaccinated?

Check with your:

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

For more information about flu, visit

www.ndflu.com

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 with 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.


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 Public Health Association
- BlueCross BlueShield of North Dakota
- North Dakota Pharmacy Association
- AARP ND
- North Dakota Medical Association
- North Dakota Health Care Review, Inc.
- North Dakota Disability Health Project

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Are You at High Risk for Flu?



Facts for
People With
Chronic Health
Problems

Influenza, also called the “flu,” is one of the most serious illnesses of the winter season.

Who should get vaccinated?

Flu vaccine is recommended for anyone with the following health conditions:

- Heart disease
- Lung disease including asthma
- Chronic metabolic diseases, including diabetes
- Kidney dysfunctions
- Cancer
- Immunosuppression due to any of the following — HIV/AIDS and other diseases, certain medications, and steroid use
- Long-term aspirin therapy by children and adolescents
- 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 your doctor about all other illnesses or conditions.

Is the vaccine safe?

Yes. Few people who receive flu vaccine have problems. People who are allergic to eggs should not get the flu vaccine.

If you have questions or concerns, contact your doctor.

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.

How can I protect myself?

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

Other simple 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 sanitizer.
- Avoiding close contact with people who are sick and staying at home when you are sick.



“With having both asthma and diabetes, I have enough to worry about. I get the flu shot 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.

When should I get vaccinated?

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

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