

Where can I get vaccinated?

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 pneumococcal shot?

Because pneumonia can be a serious complication of the flu, check with your health-care provider to see if you should be vaccinated.

How often do I have to get a pneumococcal shot?

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

People ages 50 to 64 with chronic health conditions need one shot now. They will need a booster shot after age 65 for lifelong protection.

Remember ... you can get the pneumococcal shot at any time of the year.

FLU VACCINE

your best line
of defense!

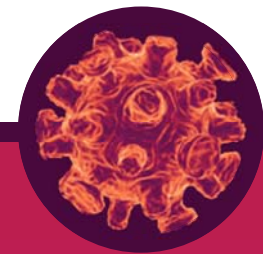


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NORTH DAKOTA
DEPARTMENT *of* HEALTH

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THE FLU & YOU



**Facts for Those
Living in
Long-Term Care
Facilities**

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 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.
- 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.

Of these deaths:

- More than 90 percent occurred in people 65 and older.
- More than 45 percent occurred in people living in long-term care facilities.

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 flu vaccine safe?

Yes. Few people who receive the flu vaccine have problems.

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 flu vaccine!!

Who should get flu vaccine?



“I don't want any flu complications.

I always stay healthy after I receive the flu vaccine.”

— Ruth Mohl, Baptist Home, Bismarck, N.D.

How much does the vaccine cost?

The price of flu vaccine will vary. However, Medicare Part B will cover the cost of flu vaccine for people 65 and older. Most insurance companies also will cover the cost of flu vaccine.

When should I get vaccinated?

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