



THE BEST TIME TO GET A FLU SHOT

The single best way to prevent the flu is to get a flu shot each season. Although we're already seeing signs around town that flu shots are available, it might be a good idea to wait a while before you get yours! Flu season can continue until May, so according to Krista Hill, M.D., the BEST time to get a flu shot is late September, October or November so that you'll still be protected throughout the ENTIRE flu season.



The seasonal flu vaccine protects against the three (3) influenza viruses that research suggests will be most common. This year's flu vaccine will protect against the 2009 H1N1 virus and two (2) other viruses (H3N2 virus and an influenza B virus). About two (2) weeks after vaccination, antibodies develop that provide you protection.

FYI . . .The flu "**SHOT**" is an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in individuals greater than 6 months old including healthy people, people with chronic conditions and pregnant women. The "**NASAL SPRAY**" flu vaccine is made with a live, weakened flu virus and is approved for use in "healthy" people 2-49 years of age who are not pregnant.

On February 24, 2010, vaccine experts voted that everyone 6 months and older should get a flu shot as did the CDC's Advisory Committee on Immunization Practices!

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