

# ARM YOURSELF AGAINST THE FLU



## To find a flu vaccine or clinic in your area:

Dial 2-1-1 or call your healthcare provider.

On the web, visit [www.flucliniclocator.org](http://www.flucliniclocator.org) or [www.findaflushot.com](http://www.findaflushot.com)



IDAHO DEPARTMENT OF  
HEALTH & WELFARE



**Public Health**  
Prevent. Promote. Protect.

## It happens every year – Flu season

Every year it begins as summer vacation ends and students return to school. It often peaks in January or February, but can begin early in the Fall. Your best defense against seasonal flu is an annual vaccine.

### What are the symptoms of seasonal flu?

Flu infections usually begin suddenly and may include fever, headache, body aches, runny or stuffy nose, fatigue, cough and sore throat. It sometimes includes diarrhea and vomiting, more often among children than adults.

The flu can cause severe illnesses. Every year, flu infections hospitalize over 200,000 people in the United States, causing an estimated 36,000 deaths.

### Who should get vaccinated?

The short answer: Anyone who wants to reduce their chances of getting sick from the flu. An annual shot is especially important for people who are at high risk of having serious complications from flu infections. This includes people with asthma, diabetes, lung and heart diseases. Healthcare providers and other people who have contact or care for, these vulnerable individuals also should be vaccinated.

*People who should get vaccinated include:*

- Women who are pregnant
- Men and women 50 years of age and older
- Children from six months to 19 years of age
- Health care providers and workers
- Men and women of any age who have chronic health problems
- Household contacts and daycare workers who have contact with babies less than six months old.

### Are there side effects?

Most people will not notice any side effects, other than mild soreness or minor swelling where the shot was given. Any side effects usually last no more than a few days. If people experience a low-grade fever or muscle aches for more than a week, or experience an allergic reaction, they should contact their doctor or healthcare provider. Flu vaccinations are not recommended for babies younger than six months, people who are allergic to eggs, those with Guillain-Barre syndrome or someone sick with fever.

### Shot or nasal spray?

There is no difference in terms of effectiveness. The nasal-spray uses live, but weakened flu viruses. The flu shot uses inactive viruses. Neither will cause the flu, but both will enable the body to build up its own natural defenses against an invading flu virus. The nasal-spray is approved for use in healthy people 2–49 years of age. Women who are pregnant should consult with their doctor on the best vaccination for them.

## The best way to protect against seasonal flu is to get vaccinated.

### Content Source:

Coordinating Center for Infectious Diseases (CCID) and the Centers for Disease Control and Prevention (CDC)