



TAYLOR TIDBITS

FLU / PNEUMONIA VACCINATIONS

FLU SEASON IS COMING It is once again time for flu shots. Here are some quick tips to why and how you get your yearly flu vaccination.

What is influenza (flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. The virus can cause mild to severe illnesses. The best way to prevent the flu is by getting a flu vaccine yearly.

Who needs a flu shot?

Everyone 6 months of age and older should get a flu shot yearly. This recommendation comes from the CDC Advisory Committee on Immunization Practices.

When can I get my flu shot?

Yearly flu shots can begin in September, or as soon as they become available, and continue throughout the flu season. The flu season can last up to May. The peak times for flu is usually January-February.

How do I get a flu vaccination?

There are 2 ways to get the vaccination.

1. Flu shots-an inactivated vaccine is given with a needle and injected into the muscle in the upper arm. Flu shots make up the bulk of the vaccines given yearly. This vaccine is recommended for all ages and pregnant women.
2. The nasal-spray flu vaccine-a vaccine made with live, weakened flu viruses that is given as a nasal spray. This vaccine is approved for people 2 to 49, and not pregnant women.

Where do I get my flu shot?

There are many places to get a flu shot. You do not have to have a MD order to get a vaccination. You may go to the health department, you MD office or your local pharmacy to get your vaccination.

What about a pneumonia vaccination:

1. Please talk to your physician regarding a pneumonia vaccine. Any one age 10-64 who has a history of diabetes, asthma, heart failure, HIV, or kidney disease is a candidate for a pneumonia vaccination.
2. Those taking chemotherapy or had shingles vaccination in the previous 2 weeks is advised not to receive the vaccine.
3. Always ask for your physician guidance on receiving these vaccinations.

It is very easy to get vaccinated, so everyone get out this year and get protected against the flu and pneumonia.

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NOTE: This information was obtained from the
Center for Disease Control (cdc.gov)