



TAYLOR TIDBITS

BEAT THE ODDS! GET YOUR FLU VACCINE!

Have you gotten your flu vaccine yet? If not, you should. Influenza (flu) is a serious disease that shows respiratory symptoms such as fever, sore throat, muscle aches, generalized weakness, cough, headache, rhinorrhea (runny nose) or nasal congestion. The flu spreads very easily in droplet form by people sneezing, coughing, talking or by touching an object that has the virus on it. Not only does it spread easily, but one can be contagious the day before they show any symptoms and up to five to seven days after symptoms occur. This disease can be fatal to infants, young children, pregnant women, elderly people and people with weakened immune systems. According to the CDC (Center for Disease Control and Prevention), between 1976 and 2006, flu-related deaths increased from 3,000 to 49,000. You can help prevent the spread of influenza by receiving the flu vaccine.

When should you get vaccinated? Now! The vaccine takes about two weeks to become protective; therefore, the sooner the better. Even though outbreaks of flu usually occur between December and February, early flu cases are known to show by early October. Who should be vaccinated? Anyone over six months of age should get vaccinated, especially those that are at increased risk of being infected with the virus. Everyone should check with their primary care physician about their flu vaccine eligibility. The vaccinations are offered at your local pharmacies, physician's offices, and your local health department. Taylor Regional Hospital also offers the vaccine to every patient to help prevent the spread of influenza. Help prevent the spread of the flu by getting vaccinated today!

Article submitted by:
Harriet Bereza, RN, BSN, CLC
Taylor Regional Hospital
Labor & Delivery