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The Flu Ends With U

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Your health is in your hands this flu season. You can protect yourself and your loved ones by getting vaccinated. Getting vaccinated is easy, and it provides protection that lasts through the entire season. You aren't likely to get sick from the virus, and staying healthy means you won't infect your family.

This year the recommendation from the National Advisory Committee on Immunization Practices is simple and universal - everyone 6 months and older should get vaccinated.

While flu can make anyone sick, certain people are at greater risk for serious complications, and it's extremely important they receive vaccine:

- Older people
- Young children
- People with chronic lung disease (like asthma and COPD), diabetes (type 1 and 2), heart disease, neurologic conditions and certain other long-term health conditions
- Pregnant women

The seasonal flu vaccine is safe, effective and rigorously tested. It's updated each season to protect against flu viruses that research shows will cause the most illness. Even if you got the H1N1 flu vaccine last season, you'll want to get this year's seasonal flu vaccine. H1N1 is included in this year's vaccine, but so are two other flu viruses. You'll want to be protected against all three.

Remember, it's a myth that you can get flu from the shot. The most common reaction is soreness and redness at the injection site. If you don't like needles, FluMist is a nasal spray available for healthy people 2-49 years old.

After you receive vaccine, it will take about two weeks for your body to build immunity.

So step up and get your seasonal flu vaccine and make sure that this year, The Flu Ends With U!