



ST. CLAIR COUNTY HEALTH DEPARTMENT



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PRESS RELEASE

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Don't Let the Flu Bug Wreck Your Holidays Get Vaccinated!



Still haven't gotten that flu shot? The time to act is **NOW**-especially if you want to have a happy, flu-free Christmas.

It takes about two weeks after vaccination for antibodies to develop in the body that protect against the flu, according to the [Centers for Disease Control & Prevention \(CDC\)](http://www.cdc.gov).

The more people who get vaccinated, the more people will be protected from the flu, including older people, young children, pregnant women and people with certain long-term health conditions who are more vulnerable to serious flu complications. **You cannot**

get the flu from a flu shot.

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first step in protecting against the flu.

In addition to getting the flu vaccines, there are some everyday precautions to protect against the flu. If you are sick, stay home from work or school to prevent spreading the flu to others. Cover your mouth and nose with a tissue when coughing or sneezing. Disinfect and clean frequently touched surfaces at home, work or school especially when someone is ill. Get plenty of sleep, be physically active, eat nutritious food and drink plenty of fluids.

Flu symptoms can include fever, cough, sore throat, runny nose, headaches, muscle aches and fatigue. The flu is spread mainly from person to person through droplets made when people with the flu cough, sneeze or talk.

Flu vaccines are available at a doctor's office, pharmacy and clinic. To find a vaccine location near you, simply enter your zip code on the [CDC'S Flu Vaccine Finder](http://www.cdc.gov/flu/vaccine-finder).

The St. Clair County Health Department offers vaccines to children up to 19 years of age. To determine if your child is eligible for immunizations provided by the Vaccine For Children program at the St. Clair County Health Department, or to schedule an appointment call 618-233-6170.