



**Keep your kids and your community healthy.**



**Get your flu shot!**

### Key Facts about Seasonal Flu Shots

- Seasonal flu is a disease that causes mild to severe illness and is easily spread. Each year in the United States, 25-50 million infections are reported, more than 200,000 people are hospitalized and 36,000 die due to seasonal flu.
- The seasonal flu virus is spread through coughing or sneezing and by touching a hard surface with the virus on it and then touching your nose or mouth.
- The flu shot will not give you the flu! The shot is a vaccine that helps protect you against the seasonal flu virus. This shot will not protect you against the novel H1N1 influenza A (Swine Flu) virus.
- The best way to prevent the flu is to get a flu shot each year. The shot takes one to two weeks to start working and is 70 to 90 percent effective in preventing the seasonal flu.

### Seasonal Flu

- Children, the elderly, health care workers and others prone to getting the flu should get their flu shot every year.
- For extra safety, people you live with or spend a lot of time with should also get a flu shot. You are less likely to get the flu if the people around you don't have it.
- The best time to get a flu shot is between mid-October and mid-November. This helps your body fight the flu during the height of the flu season, which is generally December through March.

### The Importance of Seasonal Flu Shots

- Children can catch the flu more often than adults but they usually aren't as sick. Parents should keep their sick children at home so they do not spread the flu to others.
- For older adults and others who are at risk of complications, a flu shot can reduce hospitalizations by as much as 70 percent and deaths by 85 percent.
- The best way to protect yourself, your family and your community against the flu is to get a flu shot each fall.

**GET A FLU SHOT!** For more information on seasonal flu go to: [www.healthyarkansas.com](http://www.healthyarkansas.com)



Arkansas Department of Health – *Keeping your hometown healthy*