

Flu shot vaccine proves to be essential

It's flu season across America. People across the country are getting vaccinated in preparation for the risk of catching the flu. Like many schools, AHS is vulnerable to the widespread infection of students. AHS has already seen a case of the flu this school year. Some Americans have their doubts about the flu vaccine. Before vaccinating it is important to know the facts.

What is the flu?

The flu is caused by a virus. Common symptoms of the flu include: Fever and chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headache and feeling very tired. The flu is worse than the common cold. It's a common cause of problems like sinus or ear infections. It can also cause serious complications such as pneumonia or worsening of long-term health problems, like asthma or heart failure. However, these serious complications only occur when the flu goes untreated.

Who needs to get the flu vaccine?

Everyone age 6 months or older needs to get the flu vaccine every year. It's part of the routine vaccine schedules for children, teens, and adults. No one under the age of six months should receive the flu vaccine.

What are the side effects of the flu vaccine?

Side effects are usually mild and go away in a few days. These side effects aren't the flu – the flu vaccine cannot cause the flu. Side effects include: Pain, swelling, or redness where the shot was given, headache, muscle aches, fever or upset stomach

Where can you receive a flu vaccine?

Flu vaccines are offered in many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers and even in some schools.

Even if you do not have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or workplace.

Why should you get the flu vaccine?

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and the influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year.

An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

Getting your flu shot is a very important part in staying healthy.

To prevent the spread of flu and keep healthy, get your flu shot as soon as possible.