

The United States is seeing an increased number of Flu cases this year. I have copied some information about the Flu from the CDC website. Please take the time to review this helpful information.

From the CDC website:

Take time to get a [flu vaccine](#).

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common. (See [Vaccine Virus Selection](#) for this season's vaccine composition.)
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible. Learn more about [vaccine timing](#).
- [CDC recommends](#) use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2017-2018. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2017-2018.
- Vaccination of [high risk persons](#) is especially important to decrease their risk of severe flu illness.
- [People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#).
- Vaccination also is important for [health care workers](#), and other people who live with or care for high risk people to keep from spreading flu to them.
- [Children younger than 6 months](#) are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Preventive tips from the CDC:

Take [everyday preventive actions](#) to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use an [alcohol-based hand rub](#).
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Stay healthy,

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