



Brought to you by the Holy Family Health Ministry

December is Flu Vaccine Awareness Month

Do your part and help protect your family and yourself this holiday season. Get your annual flu vaccine

FLU FACTS



The flu is caused by

INFLUENZA VIRUSES

Vaccines protect against particular strains of influenza.



Viruses cause the flu, not the

FLU VACCINE.



You need **2 WEEKS**
for the flu vaccine to start protecting you.



IMMUNITY

declines over time —
get vaccinated each year.



Flu mostly spreads by

COUGHING & SNEEZING.



Flu COMPLICATIONS

include bacterial pneumonia,
sinus infections and worsening asthma.

Benefits of the Flu Vaccine

- **Protects vulnerable people around you** who are more likely to have severe cases of the flu, such as young children, older adults and people with chronic health conditions
- **Protects pregnant women and their newborn babies** for the first few months of life
- **Reduces life-threatening flu cases** in children
- **Reduces risk of hospitalization** from the flu
- **Reduces risk of severe flu illness**



Source: CDC





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Common Flu Symptoms

- Fever (100°F or higher).
- Body or muscle aches.
- Headache.
- Feeling tired or weak.
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Stomach symptoms (mostly in children).

Call your healthcare team within 48 hours:

- If you have common flu symptoms or
- If you have moderate flu symptoms

Go right away for medical care if you have severe flu symptoms:

- ◁ Shortness of breath or wheezing.
- ◁ Coughing up blood.
- ◁ Pain or pressure in your chest when breathing.
- ◁ Chest pain
- ◁ Trouble with balance, walking or sitting up, or becoming confused.

PREVENTION TIPS



CLEAN
your hands often with
soap and water.



Use **SANITIZER**
when soap and water are
not available.



DON'T TOUCH
your face with unwashed hands.



UNDERSTAND
contagiousness windows
(people are usually most infectious
during the first three days).



EAT HEALTHY,
balanced meals to strengthen
your immune system.



EXERCISE
to boost immunity and
speed recovery from illness.



STAY HOME
for a full 24 hours after
your fever is gone.



GET VACCINATED
for protection against the flu.

EGG-FREE VACCINE UPDATE

People with egg allergy may receive any vaccine (egg-based or non-egg-based) that is otherwise appropriate for their age and health status. Beginning with the 2023-2024 season, additional safety measures are no longer recommended for flu vaccination of people who are allergic to eggs beyond those recommended for receipt of any vaccine, regardless of the severity of previous reaction to egg.

Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering. 3 John 1:2

