



# Outreach of the Month: Focus on Flu Vaccinations

Information for Your Patients

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**Mammogram/ Flu Vaccines**

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### Helpful links:

<http://www.cdc.gov/flu/professionals/acip/index.htm>

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## Why are Flu Vaccinations important?

According to CDC experts, "If we could increase vaccination coverage in this country by just 5% that would prevent about **800,000 illnesses** and nearly **10,000 hospitalizations**." ("CDC", 2016).

- Everyone 6 months and older is recommended for an annual flu vaccination with rare exception;
- The nasal spray or LAIV is temporarily discontinued because it was found earlier this year that they are ineffective in offering protection against infection;
- Older people will have access to a high-dose shot for better protection;
- The best time to get your flu vaccination is in October or early November.

## What should I do if I get the Flu?

- Cough or sneeze into your elbow or a tissue (not in your hands) to avoid the bug from spreading;
- Wash your hands with soap and warm water frequently;
- Drink a lot of water and maintain a healthy diet.

**Contact your Primary Care Provider today to learn more about obtaining your flu shot!**

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