



NOVEMBER Flu Prevention

Information for Your Patients

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Gaps in care Outreach
topic:

Flu Prevention/
Flu Vaccine

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Helpful Links:

CDC (US Dept of Health
and Human Services)

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Have you had your flu shot??

****CDC recommends a yearly flu vaccine for everyone 6 months and older****

- 1) The best way to prevent seasonal flu is to get vaccinated every year.
 - 2) Vaccinate people at high risk of serious flu complications: Young children, pregnant women, people with chronic health conditions like asthma, diabetes, heart and lung disease, and people 65 years and older
 - 3) Vaccination is also important for health care workers
- ✓ Take every day preventative actions to stop the spread of germs
 - ✓ Wash hands often, cover nose and mouth with a tissue when you cough or sneeze, stay home for 24 hrs after fever is gone except to get medical care.
 - ✓ As always, maintain regular visits with your primary care provider

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