

# Skeehchooash

*Pequot for Grasses, Herbs, Medicines*

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## Stay Healthy & Prevent the Flu

- Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Flu can mean a few days of feeling bad, or it can result in more serious illness. Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.
- The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good health habits like avoiding close contact with people who are sick, covering your nose or mouth when coughing or sneezing, washing your hands or using alcohol based hand sanitizer often, and staying home when sick, can help stop the spread of germs and prevent respiratory illnesses like flu.
- Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against flu illness. Seasonal flu vaccines are designed to protect against the influenza viruses that research indicates will be most common during the upcoming season. All flu vaccines in the United States are "quadrivalent" vaccines, which means they protect against four different flu viruses: an influenza A(H1N1) virus, an influenza A(H3N2) virus, and two influenza B viruses.
- Everyone 6 months and older should get vaccinated annually. September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October. A flu vaccine is needed every year for two reasons. First, a person's immune protection from vaccination declines over time, so an annual flu vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the composition of flu vaccines is reviewed annually, and vaccines are updated to protect against the viruses that research indicates will be most common during the upcoming flu season.
- Flu vaccines cannot cause flu illness. Flu vaccines given with a needle (i.e., flu shots) are made with either inactivated (killed) viruses, or with only a single protein from the flu virus. The nasal spray vaccine contains live viruses that are attenuated (weakened) so that they will not cause illness.
- Some people report not feeling well and having mild side effects after flu vaccination. The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur, they usually begin soon after vaccination and last 1-2 days.

## Fight the Flu



Cover your cough. Wash your hands. Stay home when sick. Get vaccinated.



<https://www.cdc.gov/flu/prevent/>

At Pequot Health Care, we are dedicated to maintaining your good health!

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