

WHY SHOULD YOU GET THE FLU VACCINE?



Influenza is a serious and very contagious respiratory disease caused by different viruses. It may lead to hospitalizations and can sometimes cause death. Fortunately, it can be prevented by getting a dose of the vaccine every year.

Benefits of vaccinating

- It prevents contracting the disease and protects everyone around you.
- It protects those who are at a greater risk of becoming seriously ill, such as the elderly and infants (under 6 months of age) who cannot be vaccinated.
- It reduces the risk of complications in people with cardiovascular disease, respiratory disease, or diabetes, among others, who may become infected with the virus.
- If you should contract the disease, it will be in a milder form.
- It reduces the risk of hospitalization.

The flu is easily transmitted...

- The influenza virus is transmitted through airborne droplets that form when people with the disease cough, sneeze, or talk.
- These droplets may reach the nose of healthy people who are close.
- They can also become infected by touching a surface or object that has the virus and then placing their hands on their eyes, nose, or mouth.

Avoid spreading the influenza virus by following these steps...

- Get vaccinated.
- Wash your hands many times a day with water and soap, if you don't have an alcohol-based hand sanitizer.
- Clean and sanitize surfaces and shared objects frequently.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Cover your mouth and nose with a disposable tissue when coughing or sneezing, and throw it away after you've used it.
- Rest if you become ill. That way you will avoid getting other people sick.

Consult your physician if you have any doubts as to whether you should be vaccinated against the flu.

Avoid becoming infected; protect yourself against the flu.



FOLLOW US:



Reference:

The Centers for Disease Control and Prevention (CDC)
<http://espanol.cdc.gov/enes/flu/index.htm>