

Dec. 2- 8 is National Flu Vaccination Week

Have You Gotten Your Flu Shot Yet?

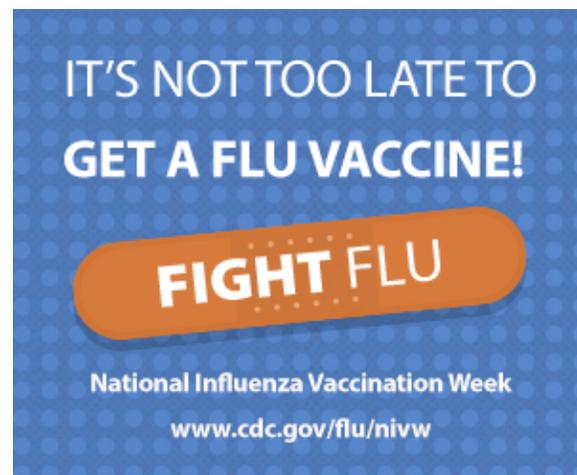
December 2 – 8 is National Influenza Vaccination Week and if you haven't been vaccinated yet, it's not too late. Even if you've already gotten ill with flu, you can still benefit from vaccination since the flu vaccine protects against different strains of flu viruses. In Connecticut, flu activity has increased over the past week. The Connecticut Department of Health reports that 55 people as of the end of November have been hospitalized with the flu, and there has been one flu-related death.

While most people who get the flu recover in a week or two, some people develop serious complications such as pneumonia and bacterial infections. Pregnant women, young children, people over 65, and people with chronic health conditions such as asthma, diabetes, heart disease or lung disease are at particular risk. Flu-related complications can lead to hospitalization or even death. In 2017/18, there were more than 79,000 flu-related deaths in the United States.

Benefits of the Flu Vaccine

Flu activity usually peaks between December and February, and can last as late as May. The Centers for Disease Control (CDC) recommends a yearly flu vaccine for everyone six months of age and older. The vaccine can be life-saving in children.

The flu vaccine can reduce your risk of flu and its possible serious complications. Even if you still get sick, it can reduce the severity of your illness. The vaccine also protects pregnant women and babies born to vaccinated mothers for several months after birth. Getting vaccinated also protects others in high-risk groups who may be vulnerable to becoming very ill, such as babies, older adults, and pregnant women.



In addition to vaccination, everyday preventive actions can also help reduce the likelihood of getting sick, such as keeping your distance from sick people, if possible, and washing your hands thoroughly and frequently. If you do become sick with flu, stay home from work or school to avoid spreading it to others. Contact InterCommunity Health Care for

your flu shot today!

If you, or someone you know, is interested in addiction recovery services, primary care, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.

