



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN



DECEMBER 2021

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THIS MONTH'S TOPIC: GET YOUR FLU VACCINE



Have you received your annual flu shot yet? National Influenza Vaccination Week is Dec. 6-12. It is a reminder to all Americans 6 months and older to get their annual flu vaccine if they have not already. Influenza, known as the flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.

In the United States, flu season is the fall and winter. While influenza viruses spread year-round, most of the time flu activity peaks between December and February. Depending on the year, flu can stick around until early spring. This year, in the midst of the COVID-19 pandemic, it is more important than ever to get your vaccination. This protects not only yourself and others from the flu, but also helps save medical resources for COVID-19 patients.

People who are at a higher risk of serious flu complications include older adults, young

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Disabilities
accommodated
with prior notification.

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children, and those with preexisting health conditions. The good news is that everyone 6 months of age and older qualifies for a flu vaccine every season with rare exception.

Flu symptoms often include:

- coughing
 - fever (not everyone with flu will have a fever)
 - headache
 - muscle or body aches
 - sore throat
 - runny or stuffed-up nose
 - fatigue
 - vomiting and diarrhea
- (more common in children than adults)

Here's what to do if you get sick with the flu:

Do not risk spreading the flu to others. Stay home and avoid close contact with others until your fever has been gone for at least 24 hours without help from over-the-counter medicine. Contact your health-care provider if symptoms

continue to get worse. Most people who get flu will recover on their own in a few days to two weeks. Some people will experience severe complications, requiring hospitalization.

Getting an annual flu vaccine is the best way to help protect yourself against the flu. There is still time to protect yourself and your loved ones from the flu. And now it is more important than ever. Flu shots are safe and effective at reducing flu illness, hospitalizations, and death. It usually takes about two weeks for your body to develop immunity to influenza, so make a plan to get your flu shot as soon as possible!

The flu shot is widely available. Find where to get a flu shot near you by visiting [vaccinefinder.org](https://www.cdc.gov/flu/resource-center/nivw).

REFERENCE:

<https://www.cdc.gov/flu/resource-center/nivw>

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