

Baby Boomers Need Flu Shots, Too!

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

If you're 50 or older, the CDC recommends that you get a flu shot this year. Not only is it important for you to stay healthy, but getting the vaccine can also help protect the health of those around you.

Every year, more than 200,000 people are hospitalized due to the flu, and about 36,000 people die from the flu. The best way to avoid this disease is to get a yearly flu vaccination. Influenza spreads from person-to-person through coughing and sneezing. So, if you find yourself like many people - taking care of others - this person-to-person exchange makes it very possible that you or those around you could catch and spread influenza.

A large majority of baby boomers are frequently around children, seniors, or both. Children and seniors are high risk groups that could have serious complications from the flu, like pneumonia, dehydration, and ear and sinus infections. The flu can make existing chronic medical conditions worse. If you are around young children; people with chronic medical conditions, like asthma, diabetes, and congestive heart failure; or people 65 and older, it's important that *you* get a flu vaccination to avoid spreading the flu to them.

Yearly flu vaccination usually begins in September and continues throughout the fall and winter months. If you haven't had your flu shot yet, it's not too late. Influenza activity occurs most often in January and February or later.

So, if you are questioning whether to get a flu vaccination this year, remember - this could preserve not only your health, but the health of your loved ones.

Thank you for listening, and check in again soon for a new "Flu Stop with CDC."

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.