

New Year's Resolution: Get Vaccinated!

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

The New Year has just begun and a resolution is in order: Keep yourself and those around you healthy during the flu season. The first and best way to prevent the flu is to get your annual flu vaccination.

You might be thinking that it's too late to get a flu vaccination, but flu season usually peaks in February and can last as late as April or May. Getting vaccinated now can still protect you against the flu this season.

There are two types of flu vaccines available. The flu shot, usually given in the arm, is approved for most people 6 months and older. The nasal spray vaccine is approved for healthy people ages 2 through 49 years who aren't pregnant. If you have a chronic condition like asthma, diabetes, or heart disease, or if you're pregnant, you should get the flu shot.

Every year, about 5 to 20 percent of the U.S. population gets the flu and it can be serious. Some complications of the flu include bacterial pneumonia, ear and sinus infections, dehydration, worsening of chronic medical conditions, and even death. Getting a flu vaccine is the best way to prevent the flu.

So resolve to do what you can to stay out of the sick bed in the New Year: get your flu vaccine today. It's an easy New Year's resolution to keep!

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.