

Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#65 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

Time for a Flu Shot

Protect yourself and your family!



- Available in Spanish, Chinese and other languages: call 311 or visit nyc.gov/health
- Disponible en español: llame al 311 o visite nyc.gov/health
- 需要中文服務 - 可電 311 或造訪網址 nyc.gov/health

Who Should Get a Flu Vaccine?

Anyone who wants to protect against influenza!

These people should be vaccinated every year:

- Children aged 6 months to 18 years.
- People aged 50 and older.
- Pregnant women.
- People with long-term health problems, such as:
 - Diabetes.
 - Lung disease, including asthma.
 - Heart disease.
 - Kidney disease.
 - Sickle cell anemia.
 - Weak immune system (for example, from HIV or cancer treatment).
 - Seizure, neuromuscular and other disorders that may cause breathing problems.
 - Those on long-term aspirin therapy.
- People in nursing homes and other long-term-care facilities.
- Health-care workers.
- Household members and caregivers of children under 5 years – especially infants younger than 6 months. (Babies this age can get the flu, but are too young for a flu shot.)
- Household members and caregivers of people over 50 and those with long-term health problems.



All children aged 6 months to 18 years old should get a flu vaccine.

Influenza Can Kill. Flu Shots Save Lives

- Influenza (flu) is a very contagious respiratory illness with fever, cough, muscle aches and sore throat.
- Every year, more than 2,500 New Yorkers die of influenza and pneumonia.
- A flu vaccination is just as important as any other life-saving medication.
- You need *this year's* flu vaccine for *this year's* flu. Last year's vaccination will NOT protect you now.
- Flu vaccinations are available from September through June. Get yours now! The sooner you do, the sooner you'll be protected.

You Can't Get the Flu From a Flu Shot!

- The flu shot uses killed vaccine that can't give a person influenza.
- Flu shots, like other vaccines, sometimes cause soreness at the injection site. But serious reactions from flu shots are VERY rare.

Some people should NOT get flu vaccinations:

- People with a severe allergy to eggs.
- Anyone who ever had a severe reaction to flu vaccine.



Where to Get a Vaccination

- Get a flu vaccine from your family doctor or primary-care provider.
- Many employers offer free or low-cost flu vaccine.
- Flu shots are available at no cost at Health Department immunization clinics and at low or no cost at Health and Hospitals Corporation facilities.
- People 50 and older can get free flu shots at City senior centers.

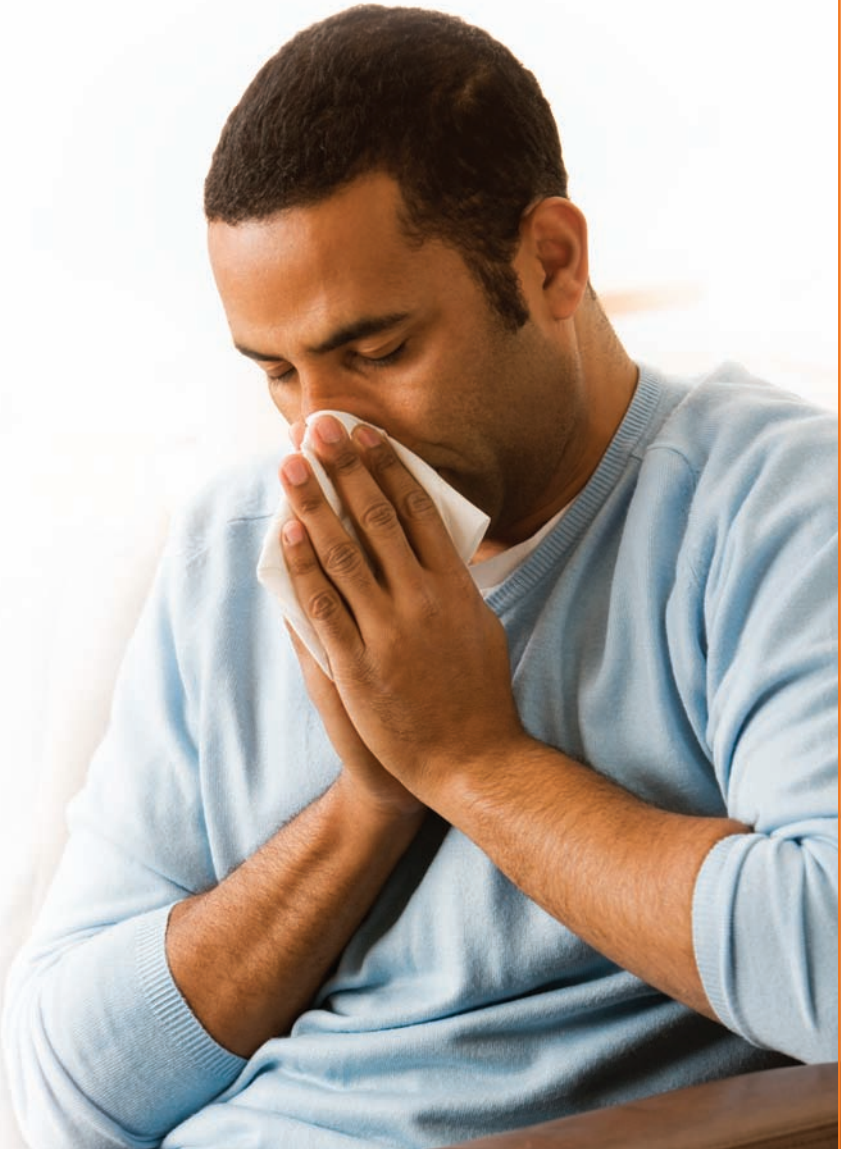
**To find out where to get a flu shot,
visit nyc.gov/health/flu or call 311**

A Nasal Vaccine Spray for People Under 50

- FluMist is a vaccine spray for healthy people ages 2 to 49.
- Because FluMist uses live (not killed) vaccine, pregnant women and people with long-term health problems should NOT take it.
- Your doctor can tell you if FluMist is right for you.

Stop the Spread of Infections

- Get a flu shot every year as soon as you can.
- Stay home when you're sick with fever and cough.
- Cover coughs and sneezes.
- Wash your hands often with soap and water or an alcohol-based solution.



**DIAL
311**

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Test Yourself

True or False?

1 You can't get the flu from a flu shot.

True. Flu shots use killed vaccine.

2 It's okay to get a flu shot when you have a cold.

True. It's fine to get a flu shot if you have a minor illness (like a cold or diarrhea).

If you are very sick with a fever, though, you should wait until you feel better to get a shot. (Ask your doctor if you are not sure what to do.)

3 Children getting a flu vaccine for the first time should get TWO.

True. Children 6 months to 8 years of age should receive TWO vaccinations the first year they are vaccinated to make sure they are fully protected.

4 You can get a flu shot and other vaccinations at the same time.

True. It's okay to get a flu shot along with other vaccinations (such as routine childhood immunizations or a pneumonia shot).

5 It's important to get a flu shot if you're pregnant.

True. Flu shots are recommended for pregnant women at any stage of pregnancy.

6 A flu shot can save your life.

True. People 65 and older who get a flu shot greatly reduce their chances of dying during influenza season from ANY cause.

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311**

**For Non-Emergency NYC Services
Telephone Interpretation in 170 Languages**