



Health and Wellness Tip of the Week - Week 33

Monthly Topic

National Immunization Month is a great time to remind employees about both regular vaccinations and the flu shot.

August 18, 2014

Prepare for flu season: Vaccinate to be Safe

The flu is a respiratory illness that can cause life-threatening problems. Experts suggest that each person 6 months and older should get a flu vaccine each year. People who are more likely to have problems if they get the flu should also consider being vaccinated. Risk factors include:

- Pregnancy
- Having chronic health problems
- Being younger than five (especially younger than 2 years old)
- Being 50 or older
- Living in a long-term care residence, such as a nursing home
- Living with, or caring for, people who are more likely to have problems from the flu



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Source: Centers for Disease Control and Prevention