



National Immunization Awareness Month



Immunization Awareness

Health and Wellness

Tip of the Week
Week 34
August 24, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Prepare For Flu Season

No one wants to face coming down with the flu. That's why it's necessary to get a flu shot to help avoid the sickness. Those most in need of a flu shot:

- Are age 6 months through 18 years
- Are pregnant
- Are age 50 and older
- Have a chronic health issue, such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system
- Live at a nursing home or other long-term care facility
- Are child-care or health care workers
- Live with or care for someone at high risk of flu complications, like a child with asthma

*Sources: Mayo Foundation for Medical Education and Research;
Centers for Disease Control and Prevention*

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