Influenza Vaccine Information

YO ME VACUNO

The flu vaccine is available now.

Talk to the *Ventanilla de Salud* staff to learn how to protect yourself and your family from the flu today!

The *Ventanilla de Salud* program has vaccinated approximately 155,000 people in the United States from 2012-2016.

Facts About The Flu:

- Influenza (the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death.

- Each flu season, the flu causes millions of illnesses, hundreds of thousands of hospitalizations, and thousands or sometimes tens of thousands of deaths.

- Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.

- The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Colds are usually milder than the flu. Though symptoms can be similar, the flu can result in serious health problems.

- Everyone needs protection against the flu. While the flu can make anyone sick, certain people are at higher risk for serious complications from the flu, including:

  - Children younger than 5, but especially younger than 2 years old
  - People with chronic lung disease (including asthma), cardiovascular, kidney, liver, neurological, blood and endocrine disorders (including diabetes mellitus)
  - Adults 65 years and older
  - Pregnant women

- Examples of flu-related complications include: pneumonia and bronchitis, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Facts About Flu Vaccination:

- The single best way to protect against the flu is to get vaccinated each year. Protect yourself and your family. Get vaccinated.

- Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a yearly flu vaccine.

- The flu vaccine is safe. You can't get the flu from a flu vaccine.

- Hundreds of millions of flu vaccines have been given for more than 50 years. CDC and the U.S. Food and Drug Administration (FDA) hold vaccines to the highest safety standards.

- Flu vaccines are especially important for those at high risk for serious complications and their close contacts.

- A flu shot will protect pregnant women, their developing baby, and protect babies against flu for several months after they are born. The seasonal flu vaccine has been given safely to millions of pregnant women over many years. Flu shots have not been shown to cause harm to pregnant women or their babies. Household contacts and caregivers should also get vaccinated to help protect the baby.

- Flu vaccination can reduce flu illnesses, doctor visits, missed work and school due to flu, as well as prevent flu-related hospitalizations.

For More Information:

- If you have questions about the flu or the flu vaccine, please call your Consulate's *Ventanilla de Salud* program to get the toll-free number of your community's Department of Health.

- If you are sick with the flu and don't have medical insurance, you can be treated at certain community health centers. You can find information in English on community health center locations at: http://findahealthcenter.hrsa.gov

- To learn more about flu vaccination, visit www.cdc.gov/flu (available in English and Spanish) or call 1-800-232-4636 (press 2 for Spanish). The call is free and confidential.

Ventanilla de Salud · INSTITUTO DE LOS MEXICANOS EN EL EXTERIOR · SRE SECRETARÍA DE RELACIONES EXTERIORES · ESTADOS UNIDOS MEXICANOS · SALUD SECRETARÍA DE SALUD · ESTADOS UNIDOS MEXICANOS

www.cdc.gov/flu

CDC