Monthly Newsletter

CLERMONT CAN
Coalition for Activity & Nutrition

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It's not too late to get your flu shot!

With friends and family gathering for the holidays and the flu season in full swing, it is never too late to get a flu shot. The Centers for Disease Control and Prevention (CDC) recommends that vaccination against flu is important for everyone to prevent illness during the winter months. Flu illness usually peaks between December and March, but the illness can occur as late as May. Your body builds protection from the vaccination after two weeks, so getting your flu shot will help you stay healthy throughout the flu season.

There are so many reasons to get a flu shot. Flu shots can reduce the risk of flu illness, doctors' visits, and missed work and school due to the flu. Flu shots can help protect women during and after pregnancy. It will also help protect the baby for months after birth through antibodies passed on during the pregnancy. Flu shots can prevent serious events associated with chronic lung disease, diabetes, and heart disease and prevent flu-related hospital visits among adults. Getting your flu shot is not just about keeping you healthy, it is also about helping to protect others around you who are vulnerable to becoming very sick, such as babies, older adults, and pregnant women.

CDC recommends that everyone six months and older should receive a yearly flu shot to protect against seasonal flu, especially people at high risk. People at high risk include pregnant women, children younger than five, but especially children younger than two years old, people 65 years of age and older, and people who have certain long-term medical conditions, such as asthma, diabetes, and heart disease. It is also important to get a flu shot if you are caring for anyone of high risk, including children younger than six months who are too young to get a flu shot.

In addition to getting your flu shot, it is important to remember that healthy habits include always covering your coughs and sneezes with a tissue or coughing in your elbow. Remember to wash your hands, especially after blowing your nose, coughing, or sneezing. Stay at home when you are ill and get a flu shot to protect yourself and your loved ones.

For more information on the flu and the benefits of getting your flu shot, visit the CDC's website at https://www.cdc.gov/flu/. Clermont County Public Health offers flu shots by appointment. Call us at 513-735-8400 to schedule your appointment today!

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