**FLU FACTS**

**Why get vaccinated?**

While everyone should get a flu vaccine this season, it’s especially important for some people to get vaccinated.

Those people include the following:

* People who are at high risk of developing serious complications (like pneumonia) if they get sick with the flu.
  + People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
  + Pregnant women.
  + People younger than 5 years (and especially those younger than 2), and people 65 years and older.
* People who live with or care for others who are at high risk of developing serious complications (see list above).
  + Household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.
  + Household contacts and caregivers of infants less than 6 months old.
  + Health care personnel.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

**Flu vaccine** is the best protection we have from flu and its complications. Flu vaccine also helps prevent spreading flu from person to person.

**Scheduling a Flu Shot**

If you are a current LIMA patient-Please **call 717.273.6706 ext 126** to schedule your vaccine. Vaccines can also be provided during your regularly scheduled visit appointment.

While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community. Vaccines are beneficial throughout January-and often beyond that time (based upon the course of the flu season).