

## **'Tis the season for your Flu Vaccine**

The timing of flu season is unpredictable and can vary from year to year. Flu activity may begin as early as October and continue as late as May. It most commonly peaks in the US in January or February.

Not everybody who gets the flu has the same symptoms, but the most common are fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, fatigue, vomiting and diarrhea.

The best way to keep from getting the flu is to get a vaccination. The CDC recommends that everyone 6 months and older get vaccinated every year. Generally, the only people who should not be vaccinated are those who have had a severe reaction to the flu vaccine in the past. People who are allergic to eggs should discuss receiving flu vaccination with their doctor.

For most people, flu ranges from a mild to a severe sickness and then they recover. Others may develop complications which include, pneumonia, , ear and sinus infections, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. In severe cases, the flu may lead to death.

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