

PROTECT YOURSELF AND LOVED ONES-- GET VACCINATED TODAY!



Understanding Influenza (Flu)

- The flu is a contagious respiratory illness that usually strikes in the fall and winter months. Each year the severity varies, but in the U.S. millions catch the flu every year, and it can lead to hospital stays or even death for some. For many, the flu means a few days off work or school, but it can be serious for certain groups. Stay informed and take steps to protect yourself and your loved ones!

Impact of the Flu

The flu is especially risky for:

- The elderly
- Young children
- Pregnant women
- Those with chronic conditions
- Even healthy individuals can experience complications, such as pneumonia.

Common symptoms include:

- Fever (100°F or higher)
- Body aches
- Fatigue
- Respiratory issues
- These symptoms often lead to missed activities and events.

Prevention

- The flu vaccine is the most effective way to protect yourself and others.
- Good hygiene practices, such as frequent handwashing
- Avoiding contact with sick individuals help prevent the spread of the virus.

People at highest risk of severe illness from the flu include:

- Those 65 and older
- Children under 5

Important to note that flu vaccines are available for ALL ages.

When to Seek Help

- Seek medical attention if you or someone experiences severe symptoms like difficulty breathing, chest pain, or confusion. Early antiviral treatment can reduce illness severity and complications.

Coverage

- Flu vaccines are free under most insurance plans
- No-cost flu clinics are also offered at various locations in the community throughout the flu season.



Where to get vaccinated in Nevada:

