

# MCLB ALBANY SAFETYGRAM

## Stay Healthy This Flu Season

It's officially Fall in the US, which means it's time for football, cozy sweaters, pumpkin- spice flavored everything, and the seasonal influenza vaccine.

It is important to get a flu shot. Last year's flu season was one of the deadliest in the last 40 years — an estimated 80,000 people died, including 180 children. The Centers for Disease Control and Prevention recommends that everyone who is 6 months or older get vaccinated by the end of October.

And this year, it doesn't even necessarily have to be a shot. The nasal spray vaccine is back this flu season — so, needle-phobes, rejoice.

Keep in mind that the flu shot is not perfect. Even if you are vaccinated, you can still get the flu but your symptoms should be less severe and the duration of illness reduced.

### Get the Flu Vaccine

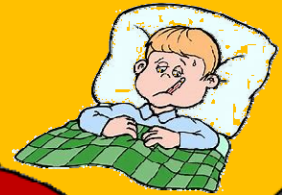
The flu vaccine is the first step in protecting yourself and your family



### Cover your sneeze/cough



### Stay home if you are Sick



Avoid Touching eyes, nose, and mouth



Wash your hands



Limited Flu vaccines are available through the Naval Branch Health Clinic. The priority is active duty and dependents.

Local area pharmacies are administering the Flu vaccines through the end of May 2019.

Use the link below to learn more about the 2018-2019 Flu Season

<https://www.cdc.gov/flu/about/season/flu-season-2018-2019.htm>



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