



I'm not sure about you but the cold bug has already hit our home and I hoping we can divert the flu bug. Nobody wants to be down with the flu and that is why the CDC (Center for Disease Control & Prevention) recommends that anyone who is at least six (6) months of age should get a flu vaccine. The following individuals are the most susceptible and it is especially important that they get vaccinated:

- People at a high risk of developing serious complications like pneumonia, which includes:
  - People who have certain medical condition including asthma, diabetes, and chronic lung disease.
  - Pregnant women.
  - People 65 years and older.
- People who live with or care for others who are high risk of developing serious complications
  - This includes household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease

Individuals should get vaccinated against influenza as soon as the vaccine becomes available. The actual "season" is unpredictable and can begin as early as October.

It takes approximately two weeks after one has received the vaccination for the antibodies to develop in the body and provide protection.

The flu vaccine is produced by a private manufacturer; the availability may depend on when production is completed. Shipments for the flu vaccine are likely to occur in August and continue throughout September and October.

The health care field is encouraged to begin vaccinations as soon as the flu vaccine is available which can be as early as August.

