

HOW SHOULD YOU PREVENT THE FLU?

Influenza is a problem every year in South Dakota—but thankfully you don't have to catch it annually. You can protect yourself, your loved ones and your community by getting your seasonal vaccination.

WHAT ARE THE FACTS ABOUT THE FLU VACCINE?



IT'S FOR MOST AGES.

Children as young as six months old are recommended to receive a flu vaccination to prevent illness. There are vaccinations specifically recommended for those 65 years or older as well.



IT'S EFFECTIVE.

Vaccination can't protect from every strain of the seasonal flu, but it does significantly decrease your odds of becoming infected, prevents hospitalizations and missed school or work and it reduces flu-related deaths in South Dakota's communities.



IT SHOULD BE TAKEN ANNUALLY.

Influenza strains change every year—so an annual vaccination is the best way to protect yourself. The Center for Disease Control and Prevention recommend getting your vaccine in the early fall for most effectiveness.



IT COMES IN MANY FORMS.

Not all flu vaccinations are in shot form. There are nasal-spray editions of the vaccination for people who meet certain medical requirements.



Concerned about influenza?

Get a vaccination!

Find out how to find a vaccination station at FluBug.org.

