

Late Season Flu Reminder

This podcast is presented by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

Now that the holidays have come to a close and you've successfully navigated "To Do" lists, office parties, family gatherings, gift-wrapping, and holiday clean-up, you may think you can take a breath, relax, and enjoy the New Year. But if you haven't had your flu shot, don't throw away that "To Do" list just yet. CDC reports that flu activity is on the rise in the United States and urges anyone who hasn't gotten vaccinated to do so *now*.

Flu season usually peaks in February, but activity can continue into April and May. Getting vaccinated now can still protect you against the flu this season.

There are two types of flu vaccinations available: the flu shot and the nasal spray vaccine. The flu shot is approved for just about everyone 6 months and older. The nasal spray vaccine is only approved for use in healthy people aged 2 through 49 who aren't pregnant.

In addition to getting a flu vaccination, continue to practice healthy habits like washing your hands, covering your mouth and nose when you sneeze or cough, staying home from work if you're sick, and avoiding touching your eyes, nose, and mouth. This will help to prevent you and those around you from getting sick from many different germs.

Remember, it's not too late to get a flu vaccination, so visit your local health clinic, doctor, or one of the many locations offering flu vaccinations in your area.

Thank you for listening and check in again soon for a new "Flu Stop with CDC."

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.