



A MINUTE OF HEALTH WITH CDC

Don't Let the Flu Catch You by Surprise!

Prevention and Control of Influenza: Recommendations of the Advisory Committee on Immunization Practices (ACIP) 2007

Recorded: July 10, 2007; posted: July 13, 2007

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

Every year, many people become ill with seasonal influenza. Although it's a common illness, it can also be very serious – especially for older people, young children, and those with certain health conditions. There are steps you can take to avoid getting the flu. An independent group of medical experts that advises CDC has updated their recommendations for preventing flu - who should get vaccinated, when, and why. All people, including school-aged children, who want to reduce their risk of getting the flu and avoid spreading it to others, should be vaccinated. To learn more, call 1-800-CDC-INFO or go to the CDC influenza web site, cdc.gov/flu.

Thank you for joining us on *A Minute of Health with CDC*.

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.