



Ask

EVERCARE'S
CHIEF MEDICAL
OFFICER



FLU & YOU



EVERCARE

www.EverCare.org
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FLU BASICS:

"Flu" is a contagious respiratory illness caused by the influenza virus.

Symptoms include:

✓ Fever ✓ Cough ✓ Body aches ✓ Chills ✓ Fatigue

The flu can be mild or serious (causing hospitalization or even death!). Those of high risk for contracting the flu, as well as facing complications, include children (especially younger than 2 years old), adults 65 years and older (especially those with chronic health conditions such as asthma, heart disease, diabetes, kidney and liver illness, and residents of long-term healthcare facilities), and pregnant women.

HOW TO PREVENT THE FLU:

1. Practice good health habits including covering coughs, washing hands often, and avoiding people who appear sick.
2. Get your annual (since the vaccine is updated every year) flu shot, beginning in October. Also, ask your doctor about a pneumococcal (a flu-related complication) shot.
3. Seek medical advice if you develop flu symptoms. Your healthcare provider may give you special (anti-viral) medication if you catch it early enough.

FLU MYTHS:

Q: Can the flu vaccine give you the flu?

A: No.

Because the virus used to make the flu shot is inactivated ("killed"), only minor and short-lived side effects, including soreness and redness at the injection site, low-grade fever and aches, may occur after the flu shot.

Q: Can I get the flu vaccine if I'm allergic to eggs?

A: Yes.

The recommendations for vaccination of people with egg allergy have changed for 2016-2017: People with egg allergies may receive any age-appropriate influenza vaccine and no longer need to be monitored.

WE AT EVERCARE WANT OUR MEMBERS TO BE SAFE AND HEALTHY. ASK YOUR HEALTHCARE PROVIDER FOR THE FLU SHOT - FOR YOU AND FOR THE ONES YOU LOVE!



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