Prevent Influenza (Flu) – Now is the Time!

East Wenatchee, WA – The best way to prevent the flu is to get vaccinated. The new flu season is just starting, so now is the best time for the flu vaccine. Everyone 6 months and older should get vaccinated and children under 9 years of age may require 2 doses this flu season.

It can take at least two weeks from the date of vaccination for most people to generate vaccine induced immunity. It is important for anyone considered at-risk to get the flu vaccine much sooner than later. At-risk groups include: children, pregnant women, people over 65 years old, and anyone with chronic illnesses such as asthma, diabetes, and lung or heart disease.

Although the flu vaccine is the most important step in protecting against the flu, here are other preventative measures:

- Avoid close contact with anyone who is sick
- Wash your hands often
- Cover your mouth and nose when sneezing or coughing
- Clean and disinfect common everyday surfaces
- Stay home if you have flu-like symptoms

Is it a cold or the flu? Although they are both respiratory illnesses, they are caused by different viruses. Flu symptoms are much worse and intense. They often include some or all of the following:

- Fever (not everyone with the flu will have a fever) or feeling feverish/chills
- Cough, sore throat, runny or stuffy nose
- Headaches and muscle or body aches
- Fatigue (tiredness)
- Vomiting and diarrhea (this is more common in children than adults)

Reduce the chance of getting the flu this season by contacting a health care provider or pharmacy.

Additional information and resources:
Chelan-Douglas Health District
Washington State Department of Health
Centers for Disease Control and Prevention

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