



A MINUTE OF HEALTH WITH CDC

Get Your Flu Vaccine

National Influenza Vaccination Week — December 4–10, 2011

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This program is presented by the Centers for Disease Control and Prevention.

Flu season is here and it's time to get vaccinated. Each year, thousands of people in the US are hospitalized or die from influenza.

The most important thing you can do to protect yourself is to get a flu vaccine each year. It's recommended for everyone six months of age and older. It's especially important for people at high risk for complications from the flu. This includes young children, pregnant women, adults 65 and older, and people with certain chronic medical conditions, such as asthma, heart disease, and diabetes.

Give yourself and your loved ones the gift of health this year. Put 'getting a flu vaccine' on your to-do list.

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

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.