



A MINUTE OF HEALTH WITH CDC

Stay Flu Free

National Influenza Vaccination Week — December 7-13, 2014

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

As fall turns to winter, the flu season will be upon us in force. The best way to avoid influenza is to get immunized. Everyone 6 months and older should be vaccinated. Those at increased risk for flu complications include children under the age of 5 and adults 65 and older; people with chronic health problems such as heart disease, asthma, and diabetes; and pregnant women. To get your annual flu vaccine, see your healthcare provider or go to a pharmacy, grocery store, or clinic in your area. If you get influenza, talk with your healthcare provider right away about antiviral medication.

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.