



A MINUTE OF HEALTH WITH CDC

Breathe Easier

Influenza Vaccination Coverage Among Persons with Asthma — United States, 2005–06 Influenza Season

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

Millions of Americans suffer with asthma. An asthma attack is caused by the inflammation of a person's airway, making it extremely difficult to breathe. When combined with a case of influenza, or the flu, the risk for serious medical consequences is higher than normal. Yet two thirds of Americans with asthma are not getting the flu vaccine. The nation's Advisory Committee on Immunization Practices recommends that persons with asthma get the flu vaccine every year. Check with your doctor to find out when the vaccine is available, and make an appointment to get it done. Then you can rest and breathe easier knowing you've improved your chances for a healthy year.

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