



"It's wise to immunize"

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It's flu season! The flu is a contagious respiratory illness caused by influenza viruses.

People with the flu often complain of high fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, and sometimes nausea, vomiting, and diarrhea.

So how is it spread? Mainly from person to person through coughing or sneezing. Did you know that people with the flu can infect others 1 day before and 5 days after being sick? That means that they are able to pass the flu on to someone else before they even know they are sick.

So how can you prevent it? The best way to prevent the flu is by getting a flu vaccination each year. October or November is the best time to get vaccinated, but it's not too late! You can still get vaccinated in December and later.

Where can I get a flu shot? You can contact your healthcare provider or the Utah County Health Department at 851-7043 for an appointment.

How much does it cost to get a flu shot? Most insurance companies cover the cost of a flu shot but if yours doesn't, ask your healthcare provider how much they charge. Flu shots are available at the Utah County Health Department for \$23.