

U and Universal

It is Flu season once again. The CDC says that getting an annual flu vaccine is the first and best way to protect yourself from the flu.

- It is recommended that you get a flu shot by the end of October or early November, but even getting it later can still be beneficial
- The CDC recommends a yearly vaccine for everyone 6 months of age and older
- Other precautions include: washing your hands frequently and staying away from people who are sick
- Flu increases in November and peaks between December and February.
- There are between 140,000 and 700,000 hospitalizations from flu reported each year in the U.S.
- Flu vaccines are offered by: doctor's offices, clinics, health departments, pharmacies and even some schools

Visit www.flushot.healthmap.org to locate where you can get a flu vaccine, or talk to a pharmacist at any pharmacy for more information

Did You Know?

Universal has Red Cross approved CPR breathing masks in each office. The masks are located with the first aid kit and are available for use in the case of an emergency.