

Don't Wait — Vaccinate

This year, the Centers for Disease Control and Prevention (CDC) is recommending flu vaccination for everyone 6 months of age and older. Even healthy adults 19 through 24 years of age should get vaccinated.

Life can get pretty hectic sometimes. Whether it's school, work, or your social life, you probably think you have other, more important things to do than get vaccinated against the flu. Last season, the flu attacked adults 19-24 years of age much more than usual, which resulted in missed classes, missed work, and far worse — trips to the ER, hospitalization or even death.

Fortunately, there's a quick and easy way for you to protect yourself, and to keep from spreading the flu to friends and family. Get a flu vaccine. One shot or nasal spray will help protect you against the three strains of virus predicted to cause illness this season—including the 2009 H1N1 strain, which is still circulating.

If you think you don't have time to get vaccinated, think again! It's easier than ever to get a flu vaccine. And if

you're healthy, you can get the nasal spray if you're afraid of needles! You usually don't even need a doctor's appointment. Most pharmacies, drugstores, and supermarkets offer walk-in clinics that are usually very quick and have convenient hours. In addition, most university clinics offer free or reduced-price flu vaccination for students. But the longer you wait, the longer the lines are likely to be. Flu vaccine is now available in various locations. So don't wait — vaccinate.

The few minutes it will take you to get a flu vaccine is much shorter than the days you might have to take off from school, work or both if you get sick with the flu. It takes about two weeks to build immunity against flu, so it's important to act now in order to be fully protected by the time flu outbreaks begin. By immunizing yourself against flu you'll help protect your family, friends, classmates, and co-workers, too.

For more information, visit www.flu.gov, www.cdc.gov/flu or call 1-800-CDC-INFO (800-232-4636).