Do you or your loved one need to get vaccinated?

Ask your doctor. The influenza vaccine is available in most doctor's offices and pharmacies. Please reach out to your closest healthcare professional for more information.

To learn more about the influenza vaccine, visit us online at **dshs.texas.gov/flu.**

EVERY DOSE MATTERS

CONTACT INFORMATION:

Texas Department of State Health Services
Immunizations

1-800-252-9152

Immunization.Info@dshs.texas.gov

TEXAS Health and Human Services | Texas Department of State Health Services

Stock No. 11-13710-2 09/2021

Fight the Flu

All heroes don't wear capes.
Join the team to protect Texas.

SYMPTOMS OF INFLUENZA

The duration of the flu is commonly between a few days to less than two weeks.[1] It is possible for others to develop more serious complications.

FLU SYMPTOMS CAN INCLUDE:[2]

- Fever and chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu vaccinations help reduce hospitalizations due to illness as well as decrease the severity of illness in people who get sick.

What is Influenza?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that often cause mild to severe illness.[1] Some people are more at risk of contracting serious flu complications, including older and younger populations and immunocompromised individuals.

How can I protect myself from the flu?

The best and most effective way to prevent the flu is by getting the influenza vaccine each year.[3]

Flu preventative best practices include:

- Washing hands often
- Covering coughs and sneezes
- Staying home if not feeling well
- Cleaning common surfaces like doorknobs and handles
- Taking antiviral drugs if recommended and prescribed by your doctor

When and who should get the Influenza vaccine?

Everyone 6 months of age and older should receive an annual influenza vaccination, with rare exceptions.[1]

Since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, plan to get vaccinated early in the fall before the flu season begins.

The following individuals should talk to their doctor before getting the flu vaccine:

- **Have had severe reactions to a flu shot in the past**
- **Have had Guillain-Barre Syndrome (GBS)**
- **Have a chronic illness**
- **Are sick with a fever**

Why is it important to be vaccinated against Influenza?

Receiving your vaccination will not only help protect you from the flu but will also protect your loved ones and those who are most vulnerable in your community.[3] **These include:**

- **Infants and young children**
- **Elderly populations**
- **Immunocompromised individuals**

Flu vaccinations also help reduce the risk of flu-associated hospitalizations for children, working age adults, and older adults. Doing your part lessens the burden on our healthcare system.

Footnotes: [1] https://www.cdc.gov/flu/about/index.html | [2] https://www.cdc.gov/flu/symptoms/index.html | [3] https://www.cdc.gov/flu/prevent/prevention.htm