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Health Ministry

FLU SHOTS: YES, YOU DO NEED ONE

It's that time of year. Summer is coming to an end and the flu shot season is just around the corner. Each year, you hear everyone talking about flu vaccines and how you should get one, yet many people choose not to.

The flu also called influenza is a lung infection. There is no such thing as the stomach flu. We often think the flu as more of a nuisance, but it can be life threatening for children, older adults and those living with other health problems. One of the best ways to prevent the flu is with a flu shot. In fact, the Center for Disease Control (CDC) suggests all people 6 months and older get the flu vaccine every year.

Many people don't get a flu shot because they believe it will give them the flu. This is a myth. You cannot get the flu from a flu shot because the virus used to make the shot is dead. Vaccine you breathe through your nose is made with the live virus, so there is some risk of getting the flu. If you feel ill after a flu shot, a few things can be happening.

1. It takes time for the shot to work. After a flu shot, your body uses the dead virus to create "antibodies" that attack the virus in the shot. It takes your body time to make enough antibodies to protect you. If you are exposed to the flu while your body is still making antibodies, you may not be able to fight it off.
2. Your immune system makes antibodies, so if it's busy doing that, you may catch colds and other illnesses more easily.
3. Sometimes when your body begins to start making antibodies, you can feel achy or like you have a fever. That is not the flu and will pass in a day or two. If your doctor recommends taking ibuprofen after your shot, follow his or her directions.

The flu season is January/February/March, so having your shot in the fall prepares your body to protect itself during flu season. But, a flu shot can only protect against the types of flu in the shot. If a type of flu pops up that is not in the shot you can get the flu. So, it is still important to wash your hands frequently with soap and warm water.



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Our Mission is to be a caring fellowship of believers committed to helping people connect with God, each other, and the world around them.

With the flu, many people have mild symptoms and can recover in a week or two. However, in some people, flu can be dangerous. It is important for certain groups to get their vaccine every year. These include...

- Pregnant women
- Adults 50 and older
- Children ages 6 months to 5 years old
- People with ongoing medical conditions such as asthma, diabetes, heart disease and cancer.

Flu shots are available at all the local pharmacies, WalMart, your physician and the Greene County Combined Health District (GCCHD). Flu shots will be given locally by GCCHD on...

- Monday, October 10 at the Boomers Senior Center from 9 – 11:30 am. This is located at the old middle school on Upper Bellbrook Road.
- Thursday, October 20 at the Greene County Fairgrounds from 2 – 7 pm.

Be sure to get protection from the flu by getting your flu shot at one of the available locations. There is no excuse!

Information provided by Premier Community Health 9/2011



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