

→ Fast Flu Vaccine Facts

- ⇒ You should get the flu shot as soon it is available
- ⇒ The flu shot takes about 2 weeks to provide protection
- ⇒ You should get a flu shot every year
- ⇒ The flu vaccine does not give you the flu, but if you get sick:
 - You may have been exposed to an illness before you got the shot
 - You may have been exposed to the flu before the vaccine had time to take effect
 - The strain of flu may not be covered in this year's vaccine
- ⇒ There are different types of flu vaccinations
 - Traditional flu shots
 - Intradermal shots (shorter needle)
 - High dose shots for older adults
 - Cell based shots
 - Recombinant shots (for people with severe egg allergies)
 - Nasal spray (for healthy, 2-49 years), not for pregnant women

Get Your Flu Vaccination at:

- Your Local Pharmacy
- Your Primary Healthcare Provider
- Jefferson County Public Health Service

531 Meade Street
Watertown, NY 13601
315-786-3720

To make an appointment go to
www.jcphs.org

The flu vaccine
is available

By
shot



By nasal
spray



This publication is brought to you by the
Martin family, in collaboration with
Jefferson County Public Health Service.



[Facebook.com/jcphs](https://www.facebook.com/jcphs)



[@JCPHS](https://twitter.com/JCPHS)



→ The Flu moves
fast & it can be
deadly.



Sara J. Pidcock Martin
June 4, 1968– February 18, 2014

**Protect yourself.
GET YOUR FLU SHOT!**

Life Can Change in an Instant

→ Watertown, NY- On February 15, 2014, things didn't seem too out of the ordinary for Sara Martin. She was feeling under the weather, so she went to a health care provider and got medicine for bronchitis. Later that day, she got her nails done and even went shopping.

On the morning of February 16, Sara didn't feel well. She was able to eat some crackers and laid back down. At 5PM, her husband Robert, took her some soup and asked if she wanted to go to the hospital. She agreed to go. Unfortunately, Sara collapsed and was rushed to the hospital. She had a bad case of the flu.

Sara's family spent the next 48 hours by her side and in the waiting room, while she fought for her life in the intensive care unit. During this time, Sara's heart gave out multiple times, she was in a coma, her temperature was unstable, and the doctor's were unsure if there was brain damage. Although there were a few brief moments of hope, the family was ultimately faced with the toughest decision of their lives. They knew Sara wanted to be an organ donor, so the family began that process. Due to the seriousness of her illness, the doctor's were unable to fulfill her wish. Without the machines that were keeping her body going, Sara passed away on the afternoon of February 18, 2014.

Sara's family and friends hope that you will never have to experience a tragedy like they did. That is why they want to encourage everyone 6 months of age and older to get their flu shot every year.

Protect yourself.

GET YOUR FLU SHOT!

This message is brought to you
courteous of Sara's family.

"Take 3" Actions To Fight The Flu

Flu is a serious contagious disease that can lead to hospitalization and even death.

1- Take Time to get a flu vaccine

- A yearly flu shot is the most important protection.
- **Everyone** 6 months of age & older should get the flu their flu shot
- Children under 6 months of age can't get vaccinated, so it is very important for everyone around them to get their flu shot.



2- Take Everyday Actions to Prevent the Spread of Germs

- Cover your mouth or nose with a tissue when you cough or sneeze
 - If you don't have a tissue, cough or sneeze into your upper arm
 - Avoid close contact with people who are sick
 - Clean & disinfect surfaces & objects that may have the flu germs on it
- Properly wash your hands
 - If you can't wash your hands, use alcohol-based hand sanitizer
 - Avoid touching your eyes, nose & mouth. Germs spread that way.

3- Take Your Antiviral Meds

- If you are caring for someone who is sick or are exposed to the flu, your doctor may give you anti-viral drugs, which can treat or prevent the flu.
 - Antivirals can shorten the flu or make it milder



Sources:
www.flu.gov, www.cdc.gov/flu