

# CDC National Influenza Vaccination Campaign

## Digital Partnerships

Advertisement

### 1. Who needs a flu vaccine?

a) You   b) You   c) You   d) All of the above

Even healthy people can get the flu. Protect yourself and your loved ones. Get vaccinated. [www.cdc.gov/flu](http://www.cdc.gov/flu)

THE FLU ENDS WITH U.

Navigation: HOME | HEALTH POLICY | VIDEO | AUDIO | INTERVIEWS | NEWS | HEALTH TIPS | OFFERS | BOOK REVIEWS | TRUE STORIES

ARTICLE | COMMENTS

SEARCH

### It's Not Too Late for You AND Your Patients to Get a Flu Vaccine

December 2nd, 2011 by Abigail Shefer, MD, FACP in Announcements, Health Tips Like Next >

## About.com Cold & Flu

Gold & Flu | Symptoms/Diagnosis | Treatment | Flu Shot Facts

### NIVW: Your Flu Vaccine Options

By Kristina Duda, R.N., About.com Guide December 9, 2011

My Bio | Headlines | Forum | RSS

Just a few years ago, if you wanted a flu vaccine, you had only one option - the seasonal flu shot. But we have come a long way in recent years and you now have multiple options to protect yourself from the flu. The vaccine can now be delivered in a variety of ways depending on your age and health status.

#### Seasonal Flu Shot

The traditional flu shot is a shot that is injected into the muscle. It is available for anyone over the age of 6 months. If you are younger than you might not be able to get this type of flu shot.

Ads

**(3) Signs Of The Flu**  
See The Top Signs Of The Flu Now. [HealthyWeb.com](http://HealthyWeb.com)

**Wheezing & Coughing?**  
Learn About A Daily Asthma Treatment For Symptom Control Here. [www.Asthma-Control-Treatment.com](http://www.Asthma-Control-Treatment.com)

**Got Flu Symptoms?**  
Learn more about a prescription medicine that helps treat the flu. [treat-the-flu.com](http://treat-the-flu.com)

smaller than the needle used for a traditional flu shot. It is injected just into the skin rather than all the way into the muscle. It is available for adults between the ages of 18 and 64.

#### High Dose Flu Vaccine

Designed specifically for adults age 65 and older, the high dose vaccine contains more antigen than the regular flu shot, allowing the immune system to respond more effectively.

#### The Future of the Flu Vaccine

While they are not ready yet, researchers are working on more effective flu vaccines. These may include:

- [Universal Flu Vaccine](#)
- [Flu Vaccines That are Safe for Those with Egg Allergies](#)

As you can see, we have come a long way in recent years. Hopefully, the trend will continue.

Comments (0) | See All Posts | Share

## PKIDs Blog

Parents of Kids with Infectious Diseases

### The Flu Ends with U. Get a flu vaccine, Not the flu.

*(CDC has something to say about the flu and vaccination. Welcome, CDC!)*

The holidays have come and gone, the gift returns are complete, and New Year's resolutions are underway. But did you cross "get a flu vaccine" off your to-do list? If not, it's not too late.

Last year, the flu peaked in February. The timing of influenza outbreaks is unpredictable. They can occur as early as October and as late as May. The Centers for Disease Control and Prevention (CDC) recommend that everyone 6 months of age and older get a flu vaccine to protect themselves and their loved ones from the flu.

Vaccination is particularly important for people at high risk of serious flu complications including young children under the age of 5, but especially those under the age of 2 years, pregnant women, people 65 years and older, and people with chronic medical conditions like asthma, diabetes, or heart disease.

#### The steps to protect yourself from flu are simple.

1. Educate yourself about the flu at <http://www.cdc.gov/flu>
2. Find where to get a flu vaccine using the flu vaccine finder <http://www.flu.gov/>
3. Get vaccinated and encourage your friends, family and coworkers to do the same.

Remember: The Flu Ends with U. Get a flu vaccine, not the flu.

Comments: Leave a Comment >

Tags: CDC, flu, vaccine

Categories: flu

13 02 2012

SEARCH

Share Button

SHARE

Calendar

February 2012

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

< Jan

PKIDs Videos

PKIDs' Silence the Sounds of Pertussis

Chickenpox: A Family's

## RT

Follow us on Twitter > Learn more about HealthyRT >

HEALTH AUDIO

HEALTH AUDIO

Healthy Vision™ with Dr. Val: Driving in the