

## Health & Safety –November (Flu Awareness)

North America, most flu activity starts in October and ends in May. Peak flu activity happens between December and March, which is why flu season and winter are often linked together.

This month, we are providing some tips on how to prevent the flu, and what the benefits of getting a flu shot are. Learn more at <https://www.cdc.gov/flu/prevent/index.html>

### How to Prevent Flu

Everyday preventive actions can stop the spread of germs and reduce the spread of flu. Recommendations from the CDC include:

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- Get a flu shot.



### Vaccine Benefits

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

- Flu vaccines help to reduce the burden of flu illnesses, hospitalizations and deaths on the health care system each year.
- This season, all flu vaccines will be designed to protect against the four flu viruses that research indicates will be most common.

### When and Where to get Vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace.

Visit: [www.vaccinefinder.org](http://www.vaccinefinder.org) at to find a flu vaccination clinic near you.