

Tackle the Flu E-Message: General Population

Flu Season is Here

Flu season is here and now is the time to make sure your family is protected from influenza and the serious complications that can accompany it.

Getting a flu vaccine is the best way to protect against the flu. Annual vaccination against flu is recommended for all people six months of age and older, unless they have a condition or medical reason not to get the vaccine. It is especially important for young children, pregnant women, older people and people with chronic health problems.

Take time to get your family vaccinated against the flu now. This year's flu vaccine protects against the currently circulating strains of influenza B and influenza A which includes H1N1 and H3N2 strains. By getting the flu vaccine now, individuals are not only protecting themselves from the flu, but are less likely to spread the virus to family members, co-workers and others.

The flu vaccine is readily available this season in all communities. Contact your doctor or visit mo.gov to find a clinic near you.

