

Health Department Advises Community to Get Vaccinated at Start of Flu Season

Flu season has arrived. So don't wait, and go get your flu shots now!

The change in seasons and cooler weather is a reminder that it is time for residents to get their annual flu vaccine. While winter is the typical time for flu activity, outbreaks can occur as early as October, so it is not too early to get vaccinated. "We strongly recommend that everyone six months and older get the flu vaccine every year, especially those with a health condition that may increase their risk of serious complications from the flu," said Dr. Anissa Davis, City Health Officer. **"By getting the vaccine at the start of flu season, it gives your body a chance to develop immunity to the flu and protect yourself as well as those around you."**

For most people, flu symptoms may include fever, chills, aches, pains, and coughing; while for others, the flu can be deadly.

Flu shots are especially important for people at high risk for serious complications from the flu, including:

- those ages 60 and older;
- pregnant women;
- caregivers of seniors or infants;
- anyone with an underlying chronic medical condition, such as diabetes or a chronic heart, lung, kidney or liver condition; or
- who are immune compromised, such as persons with HIV/AIDS, on dialysis, or receiving cancer treatment.

**PLAYA VISTA MEDICAL CENTER HAS ALL OF THE 2017
FLU VACCINATIONS AVAILABLE ON A FIRST COME FIRST
SERVICE BASIS NO APPOINTMENT NECESSARY. COME
IN TODAY AND GET YOUR FLU VACCINATION.**