

<p>Who should receive a seasonal flu vaccine?</p>	<p>The CDC recommends that everyone over the age of 6 months receive a seasonal flu vaccine.</p> <p>The following are groups of people more susceptible to the flu or flu-related complications, and are strongly encouraged to get a flu vaccine:</p> <ul style="list-style-type: none"> • Children younger than 5, but especially children younger than 2 years old • Adults 65 years of age and older • Pregnant women • People with an underlying medical condition, such as diabetes or asthma
<p>Have there been cases of the seasonal flu reported in Kentucky this flu season?</p>	<p>There is currently no flu activity being reported in the state of Kentucky.</p>
<p>Where can I get the seasonal flu vaccine?</p>	<p>The vaccine is available by appointment at the Health Department. Cost of the vaccine is \$18. Medicare and Medicaid will be accepted.</p>
<p>If I am unable to get a flu vaccine, what can I do to keep from getting the flu?</p>	<p>Besides getting a flu vaccine, good hygiene can prevent the spread of the flu. You should:</p> <ul style="list-style-type: none"> • Cover your cough or sneeze • Wash your hands often with soap and water for 15-20 seconds or by using alcohol-based disposable hand wipes or gel sanitizers. • Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches an object that is contaminated with germs and then touches his or her eyes, nose or mouth. • Avoid close contact with people who are sick. • When you are sick, stay home from work, school and errands. Keep your distance from others to protect them from getting sick. <p>The Health Department is also encouraging people to get the pneumonia vaccine to help protect against pneumonia, which is one of the most common complications from flu.</p>
<p>What strains are protected against in this year's vaccine?</p>	<p>This year's vaccine is effective against viruses containing the A/California/7/2009 (H1N1)-like virus, an A/Perth/16/2009 (H3N2)-like virus, and a B/Brisbane/60/2008-like virus.</p> <p>Note that this year's seasonal flu vaccine offers protection against the 2009 swine flu (H1N1) flu strain. People who received the swine flu vaccine in 2009 or early 2010 are encourage to receive the vaccine again this fall.</p>
<p>How do I know if I have a cold or the flu?</p>	<p>The symptoms of a cold and the flu are similar and it can be difficult to determine if you have a cold or the flu.</p>

	<p>Typical symptoms of a cold include:</p> <ul style="list-style-type: none"> • Scratchy sore throat • Sneezing • Runny nose • Mild cough • Children may run a low fever (up to 102°F) <p>Typical symptoms of the flu include:</p> <ul style="list-style-type: none"> • Sudden headache • Dry cough • Runny nose • Sore throat • Muscle aches • Extreme fatigue • Fever up to 104°F
<p>How is the flu spread?</p>	<p>The flu is spread through droplets expelled from an infected person's nose or mouth. It can also be spread when you touch a surface that has a virus on it (i.e. a door handle), and then you put that hand in your eyes, nose or mouth.</p>
<p>I've been vaccinated against the flu. Can I still get it?</p>	<p>The vaccine usually protects most people from the flu. People who have been vaccinated may get the flu, but the symptoms will be milder. Flu shots protect between 70 and 90 percent of the people who receive them.</p> <p>The flu vaccine is designed to protect against certain strains. It may be possible to become infected with a strain not included in this year's vaccine; however, experts believe that this year's shot should provide some protection against all strains that are predicted to affect our area.</p>
<p>If I've been exposed to the flu, how long will it take for symptoms to develop?</p>	<p>The initial symptoms of flu can occur between one and four days after exposure.</p>
<p>What treatments are available for the flu? How serious is the disease?</p>	<p>For the most part, the flu should be treated with bed rest and plenty of liquids. You should also avoid alcohol and tobacco if you have the flu. If contacted within the first two days, your doctor may be able to provide you with medication that can decrease the length of the flu.</p> <p>On average, more than 200,000 people in the U.S. are hospitalized because of the flu and about 24,000 people die because of it each year.</p>
<p>What months are usually the peak season for flu?</p>	<p>Cases of seasonal flu are not currently being reported in Northern Kentucky. Typically, the highest flu activity occurs in February or mid-March. Flu activity is also usually heavy in December and March, but can peak as late as May.</p>
<p>How many people typically get flu shots?</p>	<p>In a typical year, 70 to 75 million Americans get vaccinated against the flu.</p>

Where can I get more information on the flu?	For more information online, you can visit the Centers for Disease Control's influenza Web site at http://www.cdc.gov/flu/ . Or, you can call the Health Department at 502-222-3516
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