The flu is a contagious respiratory illness that infects the throat, nose, and lungs. It takes about 14 days for your body to build antibodies after flu vaccination. The flu virus can be spread within 6 feet of someone who is infected.

Everyone 6 months and older needs a yearly flu vaccination, especially:
- Pregnant women
- Young children
- Adults aged 65+
- People with chronic medical conditions

Ways to prevent the flu:
- Get a flu shot
- Wash your hands often
- Stay home if you are sick
- Cover your cough

National Influenza Vaccination Week (NIVW): Dec. 4-10, 2016
The Centers for Disease Control and Prevention established NIVW to highlight the importance of continuing flu vaccination through the holiday season and beyond.

It's not too late to get your flu shot!