



## Fact Sheet



# Fight the Flu This Season

## How Does the Flu Vaccine Work?

Flu vaccines are effective because they create disease fighting antibodies in the body about two weeks after the actual vaccination. Once these antibodies are created, they provide protection against the flu virus strands that are contained in the vaccine.

The seasonal flu vaccine protects against three strains of the flu virus, which researchers indicate are likely to circulate in the population during the upcoming season. The viruses within the vaccine can change based on the estimation of which strains will cause illness from one season to the next. This is part of the reason why a yearly vaccination against the flu is required, rather than a single vaccine over the course of a lifetime.

## Why Should You Get Vaccinated?

Influenza is a serious disease that can lead to extreme illness, hospitalization, and even death. Every flu season is unique, and while symptoms may be different from one person to the next, the outcome is always significant illness.

However, staying healthy is not the only reason to be vaccinated. A yearly flu vaccine helps reduce the risk of the spread of the flu virus, while improving the health of those around you. While the flu vaccine does not guarantee your health through flu season, it is the single best way to fight against the flu.

## When to Get Vaccinated

**The virus-fighting antibodies require two weeks to become effective, so experts recommend getting vaccinated as soon as possible. However, if you have recently suffered any illness with a fever, have severe allergies, or have had a negative reaction to a flu vaccine, please speak with your doctor first.**

## High Risk Populations

**Certain populations are at greater risk of contracting the disease. These include:**

- Adults over 65
- Pregnant women
- Clinical healthcare employees
- Those with asthma, diabetes, or chronic lung disease

## Location Information

**Flu shots will be made available at worksites throughout the State of Arizona, Bashas' Grocery, and Ace Hardware Stores statewide. For a location near you, please visit: <http://benefitoptions.az.gov/wellness>, and select the Flu Shots tab.**