

The Flu Season is coming.....

The single best way to prevent the flu is to get a flu vaccine each season. There are two types of flu vaccines:

- **The "flu shot"**—an inactivated vaccine (containing killed virus) that is given with a needle. The seasonal flu shot is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women.
- **The nasal–spray flu vaccine** –a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy* people 2-49 years of age who are not pregnant
- About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.
- The seasonal flu vaccine protects against the three influenza viruses that research suggests will be most common. The 2010-2011 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus).

We are now offering both types of flu vaccine to all established patients and their families who have a physician at the Memorial Clinic

Contact your provider to make arrangements to receive your flu vaccination now.

Plans are currently being made for a Flu Vaccine Clinic at Memorial Clinic.

More information and flu vaccine locations can be found at Utah Immunization-Flu Vaccine Locator.