



# Seasonal Influenza Immunization

CAVHCS Influenza Hotline  
(334) 724-6944

This year, you only need **1** **FLU SHOT**  
It protects against both seasonal and H1N1 flu.

**TAKE THE TIME. GET YOUR FLU SHOT**  
ONE GETS IT DONE!

## Fast Flu Facts

Outbreaks of seasonal flu occur each year, mostly in winter. The viruses that cause seasonal flu are like the ones from the past few years. That's why many people can fight off the illness.

\* It takes about two days to get sick after contact with seasonal flu viruses.

\* A person can start to spread flu to others about one day before they feel sick, and up to five days after becoming sick.

\* Not all people who get sick will need to go to the hospital.

The very young, the elderly, and people with chronic health problems could get extremely ill. Chronic health conditions include:

- Asthma
- Kidney disease
- Diabetes Heart disease
- Lung disease
- Chronic bronchitis
- A weakened immune system
- HIV

## Getting Vaccinated

Influenza (flu) is a respiratory illness caused by flu viruses. Seasonal flu occurs each year and spreads easily from one person to another.

According to the Centers for Disease Control and Prevention (CDC), on average, 226,000 people are hospitalized and 36,000 people die from seasonal flu complications annually in the United States.

Vaccination is the best way to protect yourself from getting the flu.

VA encourages all eligible Veterans to get vaccinated. All eligible Veterans can get flu vaccinations from virtually any clinical interaction at Central Alabama Veterans Health Care System.

Vaccination is especially important for people at high risk, including young children, pregnant women, and people with chronic health conditions like asthma, diabetes, or heart and lung disease.

Women are now the fastest growing subgroup of U.S. Veterans. The number of Women Veterans is expected to increase dramatically in the next 10 years, and the Department of Veterans Affairs understands the health care needs of Women Veterans and is committed to meeting these needs.

The Women Veterans Health Strategic Health Care Group wants to remind women that taking the time to get your own flu shots is as important as taking the time to get flu shots for your children and family.