

Preparing for cold weather should include preparing for “flu season”. The “flu season” in the United States is usually from November through April each year. During this time, flu viruses are circulating. An annual flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce your chances of getting the flu. Influenza is a serious disease, and people of any age are susceptible. In an average year, the flu causes 36,000 deaths and more than 200,000 hospitalizations in the United States. You should get vaccinated in October or November because flu activity in the United States generally peaks between late December and early March. It takes two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. For more information on the flu vaccine and other tips on preparing for “flu season”, come into Homer Drug Co. or Tiger Town Pharmacy and speak to one of our pharmacists.