



## It's Flu Season

### PREVENT, PROTECT AND GET VACCINATED

As summer winds down, you can't help but think about how fast the fall season is approaching. The idea of escaping hot summer days in exchange for cooler temps sounds enjoyable. Gearing up for the fall also means we prepare to defend ourselves against the cold and flu season. Influenza (flu) infection increases the risk for serious life-threatening complications for people with heart disease and those who have suffered a stroke. To protect yourself against the flu and serious complications, getting a flu vaccine every flu season can be lifesaving.

The Centers for Disease Control and Prevention (CDC) estimates every year, millions of people get sick, hundreds of thousands are hospitalized, about half of those hospitalized had heart disease. As early as September, and anytime during flu season, the CDC recommends a yearly influenza vaccine for all people 6 months and older. Getting the flu shot this year is especially important because of the co-circulation of flu and COVID-19. The best defense against seasonal flu is to get vaccinated every year.



#### BENEFITS OF THE FLU VACCINE

- ♥ [Flu vaccination](#) can keep you from getting sick with flu.
- ♥ Associated with lower rates of cardiac events among people with heart disease.
- ♥ Getting vaccinated yourself may also protect your loved ones and the community.
- ♥ Vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.

If you have insurance, there are many convenient locations around town where you can get your flu shot for free, including pharmacies, and you usually don't need an appointment. If you don't have insurance, there are also many places that you can get your flu shot for free this year. To find locations or the nearest flu clinic, visit [ImmunizeNevada.com](https://www.immunizenevada.com).

To learn more about the flu vaccine, visit [www.cdc.gov/flu/season/protect-your-health.html](https://www.cdc.gov/flu/season/protect-your-health.html)

#### RESOURCES

**Tips and resources on staying healthy**  
[www.gethealthyclarkcounty.org](https://www.gethealthyclarkcounty.org)

**Up-to-date COVID-19 information**  
[www.snhd.info/covid](https://www.snhd.info/covid)  
[www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

**COVID-19 Testing Sites**  
[www.snhd.info/covid-19-testing-sites](https://www.snhd.info/covid-19-testing-sites)

Note: Test results for locations managed by the Southern Nevada Health District are available online at [www.snhd.info/lab-results](https://www.snhd.info/lab-results)

#### INSPIRATIONAL SPOTLIGHT

**“Life is like a camera. Just focus on what's important and capture the good times developed from the negatives, and if things don't work out, just take another shot.”**

— Unknown

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at [harveya@snhd.org](mailto:harveya@snhd.org).