

## **Influenza News**

The annual influenza vaccine has been shown to reduce the severity of influenza illness and the risk of hospitalization and death. Reducing the spread of respiratory illnesses, like influenza, in our community can lessen the burden on our healthcare system.

There are many different flu viruses circulating. The composition of the flu vaccine is updated annually based on research suggesting which flu viruses will be most prevalent in the United States during the upcoming season. It is best to get an influenza vaccine before flu viruses begin spreading in our community. It takes about 2 weeks after vaccination for antibodies to develop in the body and provide protection against the flu. The influenza vaccine provides protection against the flu for at least 6 months. Flu viruses are detected year-round but most flu activity occurs between October and April, peaking between December and February.

Albertsons Pharmacy Staff will provide a flu shot clinic for staff and students on the following date at St. Joe's:

**Thursday, October 19<sup>th</sup> – 7:30am for staff and 8:00am for students**

**Students and staff will need to attach a copy of their insurance card to the signed consent form.** Albertsons will bill insurance for the flu vaccine. If you DO NOT have insurance, there will be no charge for the vaccine.