



BOOTHBAY REGION HEALTH CARE, INC.
BOOTHBAY REGION HEALTH CENTER
"On medical guard duty"

Wednesday, November 30, 2016

Time to get your flu vaccine

Uh-ohh, those of us over 50 are "slackin' off"?

Statistics show that we are "not prepared" for the oncoming influenza outbreak.

Click here: [Baby-boomers ill-prepared for flu-season](#)

It looks like about one-third of us have not gotten our flu vaccine, which sadly is about in line with the prior two seasons. One in three seniors each year skips the flu vaccine, recommended annually for everyone over 6-months-old. Up to 49,000 Americans, primarily older adults, died of flu or related illnesses each flu season for the 30 years, 1977 through 2007, according to the Centers for Disease Control and Prevention's latest estimates.

**NO MORE
EXCUSES
THERE ARE MANY PLACES
TO GET YOUR FLU VACCINE.**

If you have been holding off until "after Halloween", it is after Halloween. In fact, it is "after Thanksgiving". And it will soon be "after December 1st". So, if you have not gotten your flu shot, do it now. It takes about two weeks after getting the shot for your immunity to build-up and you want to be prepared for the worst of the flu season which typically comes in January and February.

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Contact your primary care provider, check with Rite-Aid, or contact LincolnHealth to find times and locations for any remaining flu vaccination clinics. It will help protect you from getting the flu and, if enough of us are immune, it will limit the spread of the flu and help protect those who cannot be vaccinated. Help yourself and help others.



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