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For Immediate Release  
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## **HOW TO KNOW IF YOU HAVE THE FLU & HOW TO PREVENT GETTING IT**

The Indiana Adult Immunization Coalition wants Hoosiers to know what the symptoms of the flu are but more importantly, that they can protect themselves from the disease.

Dr. Roland Grieb, Chair of the IAIC, says the best way to reduce the effects of influenza is through annual vaccination. "Influenza vaccines are safe and effective. Although mild side effects are possible, a person cannot get influenza from the vaccine."

Influenza is not the common cold. It's a potentially life-threatening disease that sends over 226,000 people in the U.S. to the hospital each year. Another 36,000 die each year from complications of the disease. This year, 306,736 to 1,226,946 Hoosiers will be susceptible to the flu.

Grieb said, "Influenza symptoms include fever, body aches and pains, chills, sore throat, dry cough, loss of appetite, weakness, and tiredness. The virus is spread mainly from person to person through coughing, sneezing or other hand-to-hand contact. It is possible to become infected by touching an object with the virus on it and then touching your mouth or nose."

Most people can infect others beginning 1 day before symptoms develop and for up to 5 days after becoming sick. That means that you may be able to pass on influenza to someone else before you know you are sick, as well as while you are sick.

Vaccination typically begins in October and can continue through March. In most seasons, influenza virus peaks in February or March, so vaccination throughout the entire flu season is beneficial and recommended.

### **Where to Get a Flu Shot**

The American Lung Association offers a Flu Clinic Locator at [www.flucliniclocator.org](http://www.flucliniclocator.org), which is the largest online directory of public influenza clinics.

The Indiana Adult Immunization Coalition is a voluntary group of health and older adult focused organizations dedicated to eradicating vaccine preventable deaths and disease among adults. The Coalition promotes education and outreach activities to increase awareness of and participation in adult immunizations.