

# "Influenza Strikes Early and Hard"

NMCP is feeling the impact of the 2012-13 Flu Season Epidemic. 48 states, including Virginia, are now battling widespread disease above typical seasonal baselines. For more information, visit [www.flu.gov](http://www.flu.gov)

Who's at risk?

Flu can strike anyone, but some people are at increased risk for more severe disease, even death:

- \* infants & children
- \* pregnant women
- \* seniors
- \* people with heart disease or diabetes
- \* people with disabilities

What can I do to prevent flu?

(1) Get your flu vaccine!

You can get it at NMCP & our branch clinics (see schedule at <http://www.med.navy.mil/sites/NMCP2/Documents/NMCPFluSchedule.pdf>) or at most pharmacies accepting TRICARE at no cost!

(2) Get the flu vaccine for your children!

It is safe and protective for most children over 6 months of age.

(3) Wash your hands, early and often!

What if I think I have the flu?

(1) If you are in a high risk category, see your doctor as early as possible. There are medicines to treat the flu, but you need to start them in the first 2 days for them to work right.

(2) Stay home from work, school, shops, etc. Some people cannot get the vaccine; we need to look out for their safety.

(3) Use a face mask in waiting areas when you must go out.

(4) Wash your hands, early and often!