

Avoid complications: get a flu shot

Before the rigors of winter hit and the flu season kicks into high gear, high risk groups are encouraged to get a flu shot.

The groups that are at increased risk for complications from the flu are persons 65 years-old or older, children, teenagers and anyone with chronic medical conditions or children with chronic medical conditions.

"Annual vaccination with inactivated influenza vaccine is considered the single most important measure to prevent or lessen the severity of influenza infection and is strongly recommended for high-risk groups," said a bulletin from the State Department of Epidemiology.

High-risk groups should start vaccinations in October.

Complications resulting from the flu include bacterial and viral pneumonia, which can be deadly in those above 65 and younger than 18 years of age.
