



# Take Care of YOU

A Health and Wellness Bulletin | September 2022



## Winter is coming, which means so is cold and flu season

Flu season usually begins in October and peaks between December and February. During winter, we move indoors where the air is dryer. Indoors, we are in closer contact with people. Viruses live in the air and we breathe them in.

To protect yourself and others around you, get your flu vaccine at least two weeks before the start of the flu season. Flu vaccines do not give you the flu.

There are two types of flu vaccines this year - one for people ages six months to 64 years, and one for people ages 65 and older. Only one shot is needed. (Children between six months and eight years may need two.) The COVID-19 vaccine boosters are expected to also be available this fall. Call your doctor for more information.

Plan ahead and get your flu vaccine and COVID-19 vaccine or booster in a timely manner.

- Dr. William Browner, MD, Medical Director