

# THE FLU AND YOU



The flu is a very serious virus that can lead to hospitalization and, in extreme cases, death. Here are three ways you can help to prevent getting the flu and spreading the flu to other people:

1. The single best way you can protect yourself from getting the flu is to **get vaccinated** every year. Almost everyone 6 months of age and older should receive the flu vaccine as soon as it is made available.
2. Since the flu virus spreads through droplets made when people with the flu sneeze, cough, or talk, it is important to **cover your nose and mouth** with a tissue when you cough or sneeze.
3. To reduce the risk of infecting yourself and others with the flu virus, **wash your hands often** with warm water and soap. If soap and water are not available, use alcohol-based hand sanitizer.

If you develop symptoms of the flu (fever, body aches, cough, chills, fatigue), it is best to stay home and avoid contact with other people. Seek medical attention ASAP if you are very sick or are at high risk for complications.

Visit [www.cdc.gov/flu](http://www.cdc.gov/flu) for more information.

  
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## Immunizations

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## IMMUNIZATIONS: ARE YOU PROTECTED?

### Who should get immunized? Everyone!

Why should you get immunized? It is the easiest way to protect yourself, stop the spread of preventable diseases, and can even eliminate some diseases

#### Some of the preventable diseases are:

Influenza  
Shingles  
Tetanus  
Pneumococcal  
Hepatitis A & B  
Diphtheria  
Pertussis  
Measles



#### When and how often do I need these vaccinations?

It is possible to have many vaccinations as a child. Certain vaccinations, such as influenza, are needed annually while others are not. Several vaccinations will be given in a series or a single shot at multiple ages.

**Your local independent pharmacy may offer vaccinations for these and other diseases. Ask your pharmacist today about the benefits of immunizations and which ones are right for you!**

# Immunizations

Check to see if you are missing any of these vaccines. You are never too old to get vaccinated. (Recommendations from the CDC check [www.cdc.gov/vaccines/schedules/](http://www.cdc.gov/vaccines/schedules/) for updates and other age groups.

Age	Flu	Tdap/Td	Chicken Pox	HPV (Male)	HPV (Female)	Shingles	MMR	Pneumococcal
19-21	1 Dose Yearly	1 Dose. Booster Every 10 Years	2 Doses	3 Doses	3 Doses	None	1 or 2 Doses	1 - 3 Doses (If at Risk)
22-26	1 Dose Yearly	1 Dose. Booster Every 10 Years	2 Doses	3 Doses (If at Risk)	3 Doses	None	1 or 2 Doses	1 - 3 Doses (If at Risk)
27-49	1 Dose Yearly	1 Dose. Booster Every 10 Years	2 Doses	None	None	None	1 or 2 Doses	1 - 3 Doses (If at Risk)
50-59	1 Dose Yearly	1 Dose. Booster Every 10 Years	2 Doses	None	None	None	1 or 2 Doses	1 - 3 Doses (If at Risk)
60-64	1 Dose Yearly	1 Dose. Booster Every 10 Years	2 Doses	None	None	1 Dose	None	1 - 3 Doses (If at Risk)
65+	1 Dose Yearly	1 Dose. Booster Every 10 Years	2 Doses	None	None	1 Dose	None	1 Dose