

Preparing for Flu Season

Influenza “Flu” is a contagious disease. It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions.

Anyone can get the flu. For most people, it lasts only a few days. It can cause: fever, cough, sore throat, headache, chills, muscle aches, and fatigue.

To prevent flu, make sure you and your family members get the flu vaccine -- the essential key to flu prevention. The following categories of people should receive a flu vaccine: All children from 6 months through 18 years of age, anyone 50 years of age or older. Anyone who is at risk of complications from influenza, or more likely to require medical care such as women who will be pregnant during flu season, anyone with long-term health problems such as heart disease, lung disease, asthma, diabetes, anemia and other blood disorders, and people with a weakened immune system.

The flu vaccine is also recommended for all health care providers, residents of nursing homes or anyone who lives with or cares for people who are at high risk for influenza-related complications.

Hazle Drugs will hold its annual flu shot clinic in the upcoming weeks. Wendy Marek, Pharm D and Bill Spear, R.Ph, CCN are immunization specialists who are certified to administer the flu vaccine.

Flu shots from Hazle Drugs will be available daily, while supplies last. There is no need for an appointment. Please call Hazle Drugs at 454-2476 for up to date information. Protect yourself-get vaccinated at Hazle Drugs this flu season!

*Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476
Call for more information or to schedule your Nutritional Consultation today!*