

Get the flu shot, not the flu

The flu is a contagious respiratory illness that can cause mild to severe illness, and at times may lead to death. The best way to prevent influenza is to be vaccinated each year.

The CDC recommends everyone over the age of 6 months receive the flu vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

“Everyone is at risk for contracting influenza,” Dr. Alan Johnson, Snoqualmie Ridge Medical Clinic physician said. “The best way to protect yourself and others is to receive the vaccine.”

The ideal time to receive the flu vaccine is now so that immunity remains high through the season. The flu season in our area is from November to April.

“Unlike a regular cold, the flu comes on suddenly,” John-

son said. “Symptoms include fever, sore throat, dry cough, headache, dizziness and general body aches.”

Getting the vaccine is especially important for people at higher risk of developing serious complications from the flu, including pregnant women, children younger than two years old, people 65 years and older and those with certain chronic medical conditions.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. Using good health habits can also help prevent spreading the flu to others.

“Along with getting your flu shot, your best defense against the flu is to wash your hands frequently, cover your cough and stay home when you’re sick,” Johnson said. “Also avoid touching your face in case you have come in contact with something contaminated with the virus, like shopping carts, where the virus can live

up to 6 hours.”

If you develop flu-like symptoms, there are prescription antiviral drugs, such as Tamiflu, that can make your illness milder and shorten the time you are sick.

“If you think you have the flu, see your doctor right away,” said Johnson. “Antiviral drugs are only effective if started within 48 hours of symptoms onset. After this window the only treatments are to manage symptoms until the illness subsides in 7-10 days.”

Flu vaccines are provided at Snoqualmie Ridge Medical Clinic at 35020 SE Kinsey St., Snoqualmie. Office hours are from 8 a.m. to 6 p.m. Monday through Friday and from 9 a.m. to noon Saturdays. Call 425-396-7682.

Vaccines are also available at the Snoqualmie Valley Hospital Clinic 8 a.m. to 5 p.m. Call 425-831-2313.



How Can You Protect Yourself From the Flu?

The flu can be dangerous. Using good health habits can help prevent spreading the flu to others and protect yourself.



Wash your hands often.

Use soap and hot water to make sure your hands are clean. The flu virus can infect you when you touch or rub your eyes, nose or mouth. The flu virus can live up to 6 hours on certain objects like shopping carts.

Stay away from sick people.

The flu is extremely contagious. When possible, stay away from people who are sick, cover your coughs and sneezes and frequently wash your hands.

Call today for your flu vaccine!

Get the flu vaccine.

The flu vaccination can keep you from getting sick with flu and reduce the risk of flu-associated hospitalization. The vaccination also may make your illness milder if you do get sick.



Snoqualmie Ridge Medical Clinic
425-396-7682

35020 SE Kinsey St, Snoqualmie

OR Snoqualmie Valley Hospital Clinic
425-831-2313

9801 Frontier Ave. SE, Snoqualmie

