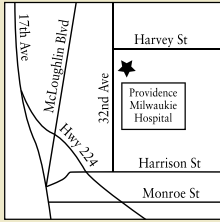
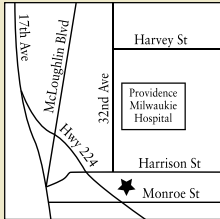


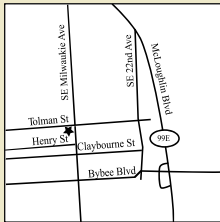
NORTHWEST PRIMARY CARE LOCATIONS



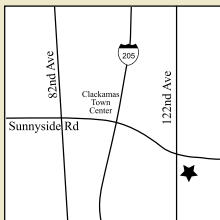
**CLACKAMAS
INTERNAL MEDICINE**
10024 SE 32nd Ave.
Milwaukie, OR 97222
(Patients 15 years and older)



**MILWAUKIE
FAMILY PRACTICE**
3033 SE Monroe St.
Milwaukie, OR 97222



**SELLWOOD/
MORELAND CLINIC**
6327 SE Milwaukie Ave.
Portland, OR 97202



**TALBERT CENTER
FAMILY PRACTICE**
12360 SE Sunnyside Rd.
Clackamas, OR 97015

For appointments and assistance
call 503.659.4988
www.nwpc.com



INFLUENZA “FLU”

What is the “FLU”?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It causes mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from the flu.

The elderly, young children, and people with certain health conditions are at high risk for serious flu complications.

Complications of the flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions.

Symptoms of Flu Include:

- Fever (usually high), headache, extreme tiredness
- Dry cough, sore throat, runny or stuffy nose
- Muscle aches
- Nausea, vomiting, and diarrhea can occur but are more common in children than adults

How Flu Spreads:

Flu viruses spread mainly from person to person through coughing or sneezing. It can also be spread by touching something infected with a flu virus, and then touching your own mouth or nose.

The risk of infecting others sometimes begins on day one before symptoms develop and up to five days after you have become sick.

Should I get vaccinated, and do I have to get vaccinated every year?

Anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons.

People who should get vaccinated each year are:

- Children aged 6 months through 18 years
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes or other long term care facilities, and people who live with or care for those who are at high risk for complications from flu.

When to Get Vaccinated:

October or November is the best time to get vaccinated, although you can still get vaccinated in December or later. Flu season can begin as early as October and last as late as May.

