Flu Shots, Flu Symptoms & Treatments

Flu shots are available at a few different locations. Types of vaccines are available for different individuals.

Most kids given in preschool in the US. All children should be vaccinated at four by the age of two. Seasonal influenza vaccine is recommended for everyone six months and older. Higher-risk groups include:

- Young children under age 5
- Pregnant women
- Present or former smokers
- Nursing home patients

For more information, call (206) 296-6611 or visit King County Health Public Health.

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Flu vaccines reduce the risk of contracting the flu between 45% and 60%. The vaccine will take two weeks to become effective. So you will not be protected until two weeks after the shot. The vaccine does not cause the flu.

In some cases, severe reactions may occur

- Fever
- Breathing problems
- Severe headache
- Fast heart rate

Flu symptoms include:

- Fatigue
- Body aches
- Fever
- Chills
- Headache

Promotes healing

If you have severe symptoms or are at risk of severe disease, please call your local health care provider for care.

Flu treatment

Since the flu is a viral infection, there will not be a cure or a drug that will get rid of it.

Most people who get the flu get better in about seven days. Usually, the flu has no lasting effect and most people need not go to the doctor.

You may be able to give certain, which can decrease the severity of the flu. The flu shot may also lower the risk and severity of the flu.

I fact, it's worth a try! Many people who get the flu get well quickly within a few days of the onset.