



Health Awareness

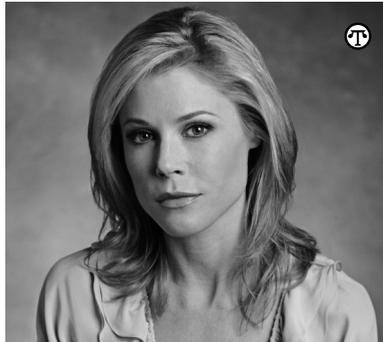
Julie Bowen Is A “Face” of Influenza—And You Are Too! *Everyone 6 Months of Age and Older is Recommended to Get Vaccinated Against Influenza This and Every Year*

(NAPSA)—Julie Bowen and her family get vaccinated against influenza, commonly known as “the flu,” every year. Did you know you and your family should too?

To help put a “face” on this deadly disease, actress and mother of three children, Julie Bowen, has joined the American Lung Association’s *Faces of Influenza* campaign as national spokesperson. The Centers for Disease Control and Prevention (CDC) recently expanded influenza vaccination recommendations to include everyone in the U.S. 6 months of age and older. Now almost everyone is a “face” of influenza and should be vaccinated this and every year.

“Leading health experts have made it abundantly clear that nearly everyone should get vaccinated this and every year,” said Julie Bowen. “As a busy, working mother, I want to do everything I can to keep my family healthy. That’s why we are all immunized—me, my husband and my three young sons.”

With nearly everyone recommended to get vaccinated, it is easier than ever to identify the many “faces” of influenza in your life. Husbands, wives, children, grandchildren, siblings, neighbors, coworkers—everyone 6 months of age and older should get vaccinated! Babies younger than 6 months are too young to



TV and film star Julie Bowen urges everyone to get a flu shot every year.

get immunized, so it’s vital that everyone in contact with them, like caregivers and babysitters, gets immunized to help protect this vulnerable group.

Vaccination is especially important for individuals who have a higher risk for developing complications from the flu, which can include hospitalization and even death. High-risk groups include: adults 50 years of age and older; children 6 months–18 years of age; pregnant women; and anyone with chronic health conditions, such as asthma, chronic obstructive pulmonary disease (COPD), heart disease and diabetes; and residents of long-term care facilities. The CDC also recommends a yearly flu shot for caregivers and household contacts of these high-

risk groups, such as relatives and health care providers.

About Influenza

Influenza is a serious and potentially deadly disease. In fact, the disease and its complications cause an estimated 36,000 deaths and 226,000 hospitalizations in the U.S. every year. This year, the seasonal influenza vaccine includes the 2009 pandemic H1N1 strain, so only the seasonal influenza vaccine is needed to protect against the flu.

Vaccination is safe and effective, and the best way to help prevent influenza and its complications.

Immunization should begin as soon as vaccine becomes available in the late summer or early fall. However, immunization after this time can still be beneficial because in most seasons, flu activity doesn’t peak until winter or early spring. In fact, as long as influenza viruses are in circulation, it’s a good idea to get vaccinated. For most adults, the vaccine can help protect against influenza within two weeks.

For more information about influenza vaccination, and the many “faces” in your life, visit www.facesofinfluenza.org.

Faces of Influenza is an educational campaign from the American Lung Association, made possible through a collaboration with sanofi pasteur.