Hot Shots Required

September 1, 2009 By James Wortman

Since the H1N1 virus, a.k.a. swine flu, first started making headlines earlier this year, influenza has been on everyone's mind. Now, another flu season is upon us, and doctors advise that we get vaccinated.

But must we get inoculated? In one word, yes—if you don't want the flu. A shot doesn't hurt (but it might sting for a second).

The Centers for Disease Control and Prevention (CDC) recommends vaccines for children and teens, pregnant women, people older than 50, those with chronic medical conditions (such as HIV), people who live in long-term care facilities and people who live with or care for those at risk.

Think of the shot as a service not only for you, but the community too.

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http://beta.docker.realhealthmag.com/article/flu-shots-required-17184-7999