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▶ HEALTHY TIP 1

Monroe County Health & Wellness *Newsletter*

ADDRESSING THE HEALTH AND WELLNESS NEEDS
OF OUR COMMUNITY AND PLANTING THE SEEDS
FOR A HEALTHY FUTURE.

*Red Bud Regional Hospital is the author of the featured article in our
Monroe County Health & Wellness Newsletter.
Read more about them below!*

Feature Article

The Flu Season is Approaching

Be prepared and get vaccinated

Leaves are changing and a chill is in the air – not to mention coughs, runny noses and sneezes. Fall is here, and with it comes the advent of flu season, which means it’s time to get your annual flu immunization.

The best way to avoid getting the flu is to have an annual flu vaccination, according to the Centers for Disease Control and Prevention (CDC). Flu vaccines are offered in many locations, including doctor’s offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

*Featured Article continues
on the next page...*



RED BUD
REGIONAL HOSPITAL

325 Spring St.
Red Bud, IL 62278

618-282-3831

www.redbudregional.com

October is Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today will get breast cancer at some point.

The good news is that many women can survive breast cancer if it’s found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it’s easier to treat.

Spread the word and save a life.



Featured Article Continued...

Health experts recommend that adults and children receive a flu vaccine well ahead of the flu season. Seasonal flu activity can begin as early as October and generally peaks in the U.S. in January or February, but can continue to occur as late as May.

Who should get vaccinated?

Everyone who is at least 6 months of age should get a flu vaccine this season, according to the CDC. It's especially important for some people to get vaccinated, including:

- people who are at high risk of developing serious complications (like pneumonia) if they get sick with the flu
- people who have certain medical conditions including asthma, diabetes, and chronic lung disease pregnant women children younger than 5 years of age (and especially those younger than 2)
- people 65 years of age and older
- people who live with or care for others who are at high risk of developing serious complications, including household contacts and caregivers of infants less than 6 months old and healthcare personnel

Who Should Not Be Vaccinated?

Some people should not get a flu vaccine without first consulting their doctor.

These include:

- people who have had a severe reaction to a flu vaccination
- children younger than 6 months of age
- people who have a moderate-to-severe illness, with or without a fever (they should wait until they recover to get vaccinated.)

In addition, anyone who has ever had a severe allergic reaction to eggs or has had a severe allergy to any part of this vaccine should talk with their doctor before having the vaccination. The flu vaccine is not guaranteed to prevent the flu, but minimizes your chances of contracting the flu virus and, if you do get the flu, the vaccine helps to minimize the symptoms.



Our goal is to partner with our members to help you promote and grow your business while also serving as an advocate for you within our wonderful community.

Waterloo Chamber of Commerce
118 E. Third Street, P.O. Box 1
Waterloo IL 62298
618-939-5300
Chamber@htc.net
www.enjoywaterloo.com

