

1	The flu is a killer disease. We tend to dismiss it by	11
2	calling it the flu, but we should call it viral influenza.	23
3	It kills thousands of people a year in this country, so	34
4	it's a very serious disease.	40
5	Typically, the flu season really swings into action in	51
6	December, January, and February. It takes about two to six	63
7	weeks to build up an immunity after a flu shot, so early	75
8	November is the ideal time to get your flu shot.	84
9	Older people are less able to resist the complications	96
10	of the flu. People with serious chronic diseases are in	107
11	this same category. People who reside in institutional	118
12	settings, especially older people, are also at greater risk	130
13	because flu can spread around an institution very rapidly.	142
14	Health-care workers and children taking aspirin are also at	154
15	high risk for catching the flu.	160
16	When you are in an office setting or are in any work	171
17	setting where you are constantly exposed to people, you	182
18	have a greater chance of getting the flu. So, a lot of	194
19	people, even though they are young and healthy, will get a	205
20	flu shot just so they don't run the risk of being knocked	217
21	out of commission for a week or so.	224
22	It is largely a myth that flu shots make you sick.	235
23	Thirty years ago, the flu shots often did make people quite	247
24	sick, but the newer kinds of vaccines that are used don't	258
25	make people sick. People who get a flu shot can still get	270
26	a common cold. Frequently, these people get a flu shot and	282
27	then get a cold and think the flu shot didn't work, when	293
28	the flu shot was not responsible.	300
	1 2 3 4 5 6 7 8 9 10 11 12	