Thanksgiving Ideas

Gathering for Thanksgiving? Help Keep Flu Off the Guest List

(NAPS)—With 74% of Americans planning to gather with family and friends for Thanksgiving this year, according to Pew Research Center, there's one important step to take before getting together: Get a flu shot.

Influenza (flu) is a common, highly contagious respiratory illness, and hundreds of thousands of Americans are hospitalized with it every year.



You can help protect yourself and your family from the flu this Thanksgiving.

Signs you have the flu

Symptoms often appear suddenly, and may include cough, fatigue, fever, headache, body aches, runny or stuffy nose, sore throat and sometimes vomiting or diarrhea.

What to do

Getting a flu shot is the best way to help protect yourself and your family. The vaccine is updated annually, and because it takes about two weeks to build protection, it's important to get vaccinated before your holiday gatherings.

In addition, the Centers for Disease Control and Prevention advises frequent hand washing with soap and water for at least 20 seconds, or using hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose and mouth.

If you're sick, limit contact with others. Feeling symptoms? At participating CVS Pharmacy locations in states where pharmacists are authorized to test and treat flu, eligible patients can be tested and assessed for antiviral treatment. MinuteClinic offers testing at all clinic locations for eligible patients.

Who should get the vaccine

Everyone 6 months and older should get a flu vaccine, with rare exceptions. It's especially important for adults 65+, children younger than 5, pregnant women and people with certain medical conditions.

How to get the vaccine

You can make appointments for up to four people at once by visiting CVS.com, MinuteClinic.com or via the CVS Health app—or you can walk into locations nationwide.