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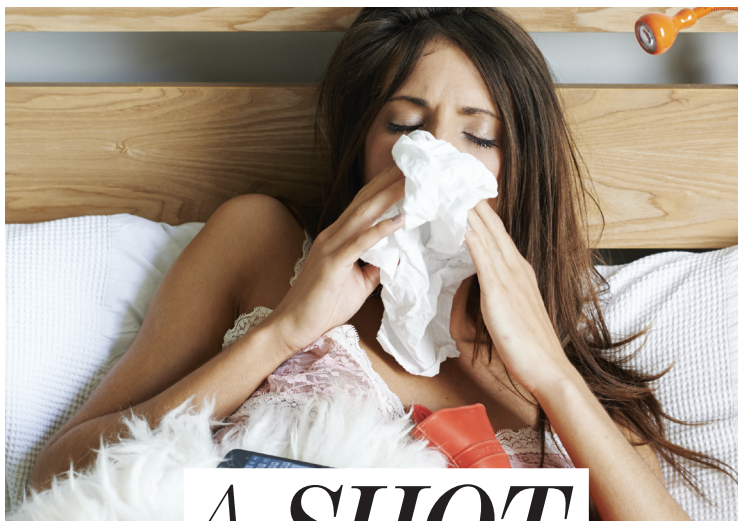
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## A SHOT IN THE ARM

FEWER THAN HALF OF ADULT  
AMERICANS GET A FLU SHOT. ¡QUE LÁSTIMA!

BY DIANA KELLY

■ **WHEN YOUR ABUELITA FELT YOUR WARM FOREHEAD**, she'd send you to bed and tell you not to wash your hair. But that's just treatment. The best way to help prevent getting the flu? Get vaccinated. According to the U.S. Census Bureau, influenza is the 10th most common cause of death among Latinos in America. "We have a disproportionate amount of Latinos with diabetes and asthma, and that's the population for whom the side effects [of the flu] are deadly," says Leonor Osorio, D.O., a first-generation Bolivian American who practices internal medicine. Here are four reasons to make your appointment.

▶ You'll **protect** your family.

Latinas often skip a flu shot because they feel it's unnecessary if they're healthy. "As women, we tend to be the caretakers in our families," says Dr. Osorio. But you can be a carrier of the flu virus even if you don't have symptoms or get sick. So you could pass on the germs to your family members.

▶ It **won't cost much**, if anything at all.

Think the vaccine is costly or hard to get? Think again. It's almost always covered by health insurance, and some doctors give the shot without an appointment, so you might be able to do it on your lunch break. If you don't have coverage, many local pharmacies offer the shot for \$40 or less. Add one to your errands.

▶ It **won't give you the flu**.

There's a misconception that getting the vaccine will give you the flu or cause you to get sick. "It's a huge myth!" says Dr. Osorio. "You might get a slight low-grade fever and chills after the vaccination, but you can take Tylenol. It's not a reason to skip the shot." Get yours before flu season starts, since you'll need about two weeks to build immunity.

▶ You'll **recover faster** if you get sick.

"If you get the vaccination and still come down with the flu, you'll recover quicker," says Dr. Osorio. Translation? You're less likely to be hospitalized, and you'll miss fewer days of work.

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