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The cold and flu season is beginning to wind down but that doesn't mean it's ok to relax and not continue to protect yourself. You can get the flu any time of the year. Some people are more likely to get the flu than others. The article below tells you how to avoid getting the flu but also what to do if you think you have it. It covers topics about the vaccine, when to go to the emergency room and who is at a high risk of getting sick. To read the full article click below.

Getting infected with the H1N1 virus that causes swine flu is a real possibility since the virus is continuing to spread and there's still not enough vaccine to go around. Being informed, though, can help you reduce your risk. Here's what you need to know to protect yourself and your family.

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