Flu-Shot Time

October 1, 2005 By Laura Whitehorn

Remember last year, when flu vaccine shortages left you scrambling for a shot? The CDC recommends lining up now to preempt the bugs that can knock you to your knees and boost your viral load. A recent review of 328 HIVers in Japan found that 21% of those who didn't get a vax got the flu, while only 6% of those vaccinated got sick. Call Doc or your druggist for a shot.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/article/Flu-Shot-Time-2194-7654