



Flu Fighter

October 1, 2008

Prevention is the best medicine for the flu. Forget the myth that a flu shot can give you the flu, but do avoid FluMist (a nasal spray with live virus). October is prime vaccination time, so roll up your sleeve now.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/vaccination-flu-HIV-15316-9435>