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Dear Breastcancer.org Friend,

Flu season is approaching, and getting vaccinated is especially important for people undergoing treatment for breast cancer. If your immune system has been weakened by breast cancer or its treatment, your body is more vulnerable if you do catch the flu. Most breast cancer patients are eligible for the flu vaccine. Talk to your doctor to find out whether there are any restrictions for your specific situation, especially if you're getting chemotherapy.

Flu symptoms include fever, chills, cough, sore throat, headache, runny or stuffy nose, fatigue, and body aches. Vomiting and diarrhea can also occur, but in adults, this is less likely.

Call your doctor's office to find out when you can receive the 2011 flu shot. Many pharmacies have flu shots available now.

You can read more about the seasonal [flu shot](#), including when to get it if you're undergoing treatment, at Breastcancer.org.

In the meantime, there are things you can do to protect yourself and others from flu and other viruses:

- Wash your hands frequently with soap and water, especially after coughing or sneezing, or using the restroom.
- When you cough or sneeze, cover your nose and mouth with a tissue. Throw away tissues immediately after using them.
- Avoid touching your eyes, nose, or mouth, since germs can easily spread this way.
- If you feel sick, stay home. The Centers for Disease Control and Prevention recommend staying home from work or school for at least 24 hours after a fever is gone.

I hope you find this information helpful, and wish you a happy and healthy upcoming winter season! If you're in the Southern Hemisphere where spring is in full swing, enjoy your summer and don't forget your flu shot in the fall!

Warmly,

Marisa Weiss, M.D.

Founder and President

Breastcancer.org



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