# Should I Get the Flu Shot With Hepatitis C?

Now more than ever learn why the annual flu shot is important while you are dealing with hepatitis C and liver disease.

November 18, 2020 By Connie M. Welch

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We are in a turbulent season right now with COVID-19 and regular flu season. You need all the protection you can get.

## How the Flu Shot Protects You

Co-infections are real and dangerous. Patients with compromised immune systems like liver disease, hepatitis C, transplant patients, cancer, diabetes, asthma, COPD, and those over 65 years of age are more susceptible to complications from the flu.

Flu lowers the immune system and makes it harder to fight off other diseases and infections.

COVID-19 is more contagious than regular flu. The flu shot can help keep you protected from most regular flu viruses. Getting the most protection available is proactive for your health.

## What Vaccines Do I Need?

Talk to your doctor about your liver and health condition and what vaccines are safe for you to take.

- The annual flu vaccine is highly recommended for most people.
- If you are 65 years or older or have a compromised immune system, the pneumonia shot is also recommended. Talk to your doctor or pharmacist about your qualifications.

## How Long Does It Take for the Flu Shot to Become Effective?

Once you receive the flu shot, it takes approximately 14 to 21 days before you get the maximum protection.

## Protective Steps During Flu Season

- Get the annual flu shot and pneumonia shot if you are eligible.

- Wash your hands often using antibacterial soap.
- Use antibacterial gel in between washing hands.
- Avoid touching your nose, mouth, and eyes as much as possible.
- Wear face masks and coverings when you are around people.
- Avoid being around those who are sick.
- Clean surfaces of your home with disinfectant cleansers. Wash kitchen and bathroom towels and bed sheets often.
- Drink a lot of pure water or water infused with citrus.
- Get at least 8 hours of sleep per night.
- Eat nutritiously balanced meals.
- Take extra vitamin C and a multi-vitamin daily.
- Talk with your doctor about what precautions are best for your liver and health condition.

In Summary

Be proactive this season. Get the annual flu shot and take preventive steps to help keep you protected.

Have you received the annual flu shot?

Share your comments below.

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