

The FLU SHOT Song

Nurse Master Charlie, breaking it down to you about another health-related topic, a song about the Flu and the Flu Shot...listen up

VERSE 1

Let's talk about influenza, better known as the FLU! This is a virus that can affect and infect both me and you

Back In 1918 the Spanish Flu Caused about 50 million deaths worldwide, that's 1/3 of the world's population at the time

You can catch the flu from the germs in the air when people cough or sneeze

Or by touching dirty door handles then touching your eyes, nose or mouth, it's so easy

BRIDGE:::If you don't want to get the Flu, cause it's no joke, Then Roll up that sleeve, it's just a little poke...

CHORUS::: Everybody needs the FLU shot, 'cause those germs just don't stop

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VERSE 2

The flu onset is fast, and different from the common cold, where fatigue and headache are rare, and the onset is slow

The best defense is to wash your hands and stay away from people who are sick

and get a flu shot, to protect yourself and your loved ones and to minimize the risk

If you think you have the flu, get a lab test called a rapid molecular assay,

If it's positive in 20 minutes, get some Tamiflu, then you can be on your way

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VERSE 3

The Flu has many of strains, H1N1 being the most common type, Which can infect both humans and swine

H stands for hemagglutinin and the N stands for neuraminidase,

these are both **proteins** on the outside of the virus, kinda act like a paste

These attach to our cells then multiply causing symptoms to begin, The flu shot makes our body recognize the virus, so it can't win

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Verse 4

The flu comes also in various types like A, B, C, and D; and numbers represent, on the outside the number of proteins

The trivalent and quadrivalent vaccines fight against these the best

but can take about 2 weeks to take full effect

You cannot get the flu from the shot, but you can have a fever, fatigue, and be sore

You should not get the shot under 6 months of age, allergy to eggs, or had a reaction before

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Written, Arranged, Produced, & Performed by NURSE MASTER CHARLIE

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