

Flu hits Virginia

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VIRGINIA BEACH, Va. - No one wants to get in line for a shot, but doctors say if you didn't get a flu vaccination this season, don't walk to the nearest one.

"It's not too late to get it. It's getting there, but not there yet." said Dr. Craig Froede from Patient First in Virginia Beach.

This week, The Centers For Disease Control's flu tracker shows Virginia is the only state reporting widespread activity. Dr. Froede says outbreaks will probably peak in about three weeks. It takes two weeks to build antibodies from the shot.

The flu, on the other hand, strikes like lightning.

"It actually did knock me out. I passed out at my refrigerator on the way for some shaved ice."

Mary Louise Gerdes got it two years ago. The only year she skipped the flu shot. She had all the symptoms: fever, chills, body aches, runny nose, cough, sore throat and an intense headache.

"It laid me up for a good five days," she said.

The CDC confirms this season's shot does protect from influenza A, the strain that's going around, so they say it works. Unfortunately Tamiflu does not, said Dr. Froede.

"This year, for the first time, influenza type A is resistant to antiviral antibiotic we've been using for a few years now called Tamiflu."

Dr. Froede says you're not totally out of luck though. If you get a quick flu test and confirm your diagnosis within 48 hours, there is another medicine (used with Tamiflu) that can reduce symptoms or shorten the sickness.

Mary Louise Gedes says even one day is too long for her, and says she'll never skip the shot again.