

Flu Vaccination Information

流感疫苗接种信息

Who Should Get a Flu Vaccine?

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at higher risk of serious complications from influenza.

Why Should You get a Flu Vaccine?

Flu vaccination has important benefits. It can reduce flu illnesses, visits to doctor's offices, and missed work and school due to flu, as well as make symptoms less severe and reduce flu-related hospitalizations and deaths.

Which Flu Vaccine Should You Get?

Different flu vaccines are approved for use in different age groups.

- There are several flu shots approved for use in people as young as 6 months old and older, and two are approved only for adults 65 years and older.

- Flu shots also are recommended for pregnant people and people with certain chronic health conditions.

- The nasal spray flu vaccine is approved for use in people 2 years through 49 years of age. People who are pregnant and people with certain medical conditions should not receive the nasal spray flu vaccine.

If you have questions about which flu vaccine to get, talk to your doctor or other health care professional.

Special Consideration Regarding Egg Allergy

People with egg allergies can receive any licensed, recommended age-appropriate flu vaccine that is otherwise appropriate. People who have a history of severe egg allergy (those who have had any symptom other than hives after exposure to egg) should be vaccinated in a medical setting, supervised by a health care provider who is able to recognize and manage severe allergic reactions.

谁应该接种流感疫苗?

年纪大于6个月的人，在每个季节都应该接种流感疫苗，只有少数例外。疫苗接种对于那些因流感而容易出现风险较高严重并发症的人来说尤其重要。

为什么要接种流感疫苗?

流感疫苗接种有重要的好处。它可以减少流感疾病，减少看医生的次数，减少工作和学校因流感而受影响，也可以使症状不那么严重，减少与流感有关的住院和死亡。

你应该接种哪种流感疫苗?

不同的流感疫苗被批准用于不同的年龄组。

- 有几种流感疫苗被批准用于6个月大的人，还有两种只被批准用于65岁及以上的成年人。

- 流感疫苗也被推荐给孕妇和患有某些慢性疾病的人。

- 鼻腔喷雾流感疫苗被批准用于2岁至49岁的人。怀孕的人和有某些疾病的人不应该接种鼻腔喷雾流感疫苗。

如果你对接种哪种流感疫苗有疑问，请与你的医生或其他医疗保健专业人员讨论。

对鸡蛋过敏的特别考量

对鸡蛋过敏的人可以接种任何经许可的、推荐的、在其年龄段适合的流感疫苗。有严重鸡蛋过敏史的人（接触鸡蛋后出现过除了荨麻疹以外的任何症状的人）应该在医疗机构中接种疫苗，由能够识别和处理严重过敏反应的保健提供者监督。



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炒茄子豆腐和空心菜 (4人份)

Stir Fried Eggplant Tofu and Water Spinach (SERVES 4)

材料:

- 1个日本茄子，纵向切开
- 1束空心菜，洗净并切碎
- 1盒硬豆腐，沥干后切块
- 2汤匙减盐酱油
- 1汤匙绍兴酒
- 1汤匙大蒜末
- 1汤匙姜末
- 2个墨西哥辣椒，切碎
- 1个红洋葱，切成片状

INGREDIENTS:

- 1 Japanese eggplant, cut lengthwise
- 1 bunch water spinach, washed and chopped
- 1 box firm tofu, drained and cubed
- 2 tbsp low sodium soy sauce
- 1 tbsp Shao Hsing wine
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 2 jalapeno peppers, minced
- 1 red onion, sliced

步骤:

1. 将烤箱预热至450度。给茄子肉上点油，然后切面朝下，放在烤盘上烤15分钟左右。冷却后，将茄子从中间切成两半，并切成1英寸的小块。
2. 在一个小碗中，将酱油、绍兴酒和¼杯水混合在一起。
3. 用大火加热平底锅，加入1汤匙食用油。加入豆腐，煎至微微发黄。将豆腐放在一边。
4. 在同一锅中，加入大蒜、生姜和墨西哥辣椒，翻炒约10秒钟。加入红洋葱，翻炒约1分钟。加入茄子，翻炒1-2分钟。加入空心菜茎，翻炒~1分钟。加入空心菜叶，然后加入调配好的酱汁。待空心菜变软后，把豆腐放回锅里，一起煮几秒钟，炒匀。趁热与糙米一起享用吧！



INSTRUCTIONS:

1. Preheat the oven to 450 degrees. Lightly oil the eggplant flesh then bake, cut side down, on a baking tray for ~15 minutes. Once cooled, cut the eggplant in half down the middle and into 1 inch pieces.
2. In a small bowl, mix together the soy sauce, Shao Hsing wine, and ¼ cup water.
3. Heat a pan over high heat and add 1 tbsp of cooking oil. Add the tofu and pan fry until lightly browned. Set aside the tofu.
4. In the same pan, add the garlic, ginger, and jalapeno and stir fry for ~10 sec. Add the red onion and stir fry for ~1 minute. Add the eggplant and stir fry for 1-2 minutes. Add the water spinach stems and stir-fry for ~1 minute. Add the water spinach leaves and then add the soy sauce mixture. After the spinach has wilted, return the tofu to the pan and cook together for a few seconds to combine. Serve hot with brown rice and enjoy!