

# FLU VACCINE

## Protects You and Your Family



### Flu Vaccine is the Best Protection

- Everyone 6 months and older should get a flu shot every year.
- Flu vaccine reduces your risk of getting the flu.
- Flu vaccine can make your illness milder if you do get sick.
- Get your flu shot from your doctors office or at a nearby pharmacy.



### Stop the Spread of Germs this Flu Season

- Wash your hands after going to the bathroom and before eating food.
- Cough into your elbow or sleeve.
- Dispose of used tissues.
- Stay home from school or work when sick!

**Flu can  
be serious.**

Each year many people  
are hospitalized  
and die from  
the flu.

**#NoFlu4Me**



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