

We Want You... To Get Your Seasonal FLU VACCINE

Influenza (“the flu”) is a virus transmitted through close contact with an infected person. The flu can cause serious infections, including pneumonia and ear/sinus infections.

FLU SYMPTOMS INCLUDE:

- High fever (100-102°F) for several days
- Fatigue
- Body aches and pains
- Headache
- Stuffy nose
- Cough
- Sore throat



How can I avoid catching the flu?

1. Receive an annual flu vaccine
2. Practice the “Three C’s of Good Hygiene”:
CLEAN Wash your hands
COVER Cover your cough and sneeze
CONTAIN Contain your germs—stay home if you are sick



Schedule your flu shot as soon as it’s available this fall.

PROTECT
yourself.

PROTECT
those around you.

Get your
FLU VACCINE today.

Did you know that you can pass the flu to another person before you have any symptoms? Flu symptoms usually appear 1-4 days after contracting the virus.

Did you know that you cannot catch the flu from a flu vaccine? A seasonal flu vaccine protects you against the most common strains of influenza expected in the upcoming season.



To view the patient education video

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