# STOPPING THE FLU STARTS WITH YOU!

## When more people get vaccinated against the flu, less flu can spread through the community.

### GET VACCINATED AGAINST THE FLU – IT'S YOUR BEST PROTECTION FROM FLU AND ITS COMPLICATIONS.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. Flu vaccination can reduce flu illnesses and prevent flu-related hospitalizations.

### GET AN INJECTABLE INFLUENZA VACCINE DURING THE 2016-2017 FLU SEASON.

Flu vaccines are offered in many locations, including doctor's offices, clinics and pharmacies. Although it's better to get a flu shot early in the season, you can get a flu vaccination anytime during flu season. Influenza vaccine effectiveness can vary each year and can also depend on factors such as the age and overall health.

### TALK TO YOUR DOCTOR ABOUT RECEIVING A FLU VACCINATION.

Your doctor can discuss the types of vaccinations available, as well as vaccination benefits, side effects and effectiveness with you during your visit.

### PROTECT YOURSELF, YOUR FAMILY AND YOUR COMMUNITY.

By getting a yearly flu vaccination, you can help reduce the spread of flu to those who are more vulnerable to serious flu illness and complications, like older adults, babies, young children and people with chonic health conditions.

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