

Stopping the Flu Starts with YOU



Get Vaccinated

against the flu – it's your best protection
from flu and its complications.

- Flu is caused by the influenza virus and can be spread by coughing, sneezing, and close contact. The flu vaccine helps prevent spreading flu from person to person.
- It takes about two weeks for protection to develop after the vaccination, so the sooner you are vaccinated, the better your chances are for avoiding the flu.
- The flu virus changes yearly, so it's crucial for you to get the latest vaccine each flu season.
- Infants under the age of 6 months and people with severe, life-threatening allergies to flu vaccine might not be able to get a vaccine. Help protect them by getting YOUR flu vaccine.
- Flu complications can be serious and result in hospitalization, and even death, for some patients. The best way to prevent the flu is to be vaccinated.