

Your HEALTH is in Your HANDS



Who should get a flu shot? Anyone who would like to stay healthy through flu season!

● **THE FLU IS A SERIOUS DISEASE**

According to the CDC, each year in the U.S., on average:

- Up to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- There are about 36,000 flu-related deaths

● **OTHER WAYS TO AVOID THE FLU**

- Use a tissue when you cough or sneeze - then throw it away
- Wash your hands after coughing or sneezing
- If you are sick, stay home
- If you have been exposed to the flu or begin to have symptoms, see your doctor immediately for antiviral treatment

● **REMEMBER...THE FLU SHOT CAN NOT GIVE YOU THE FLU**

It is made from inactive or "killed" flu viruses which are not infectious. Flu shots are 70%-90% effective in healthy adults and are needed every year.

When: _____

Where: _____

Cost: _____

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