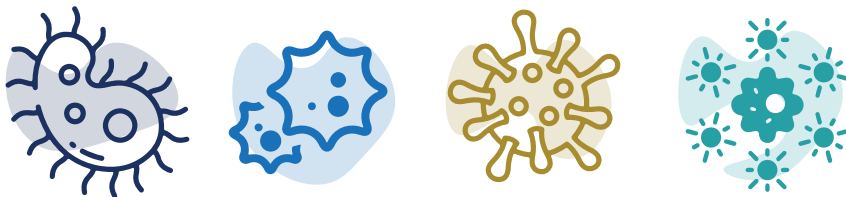
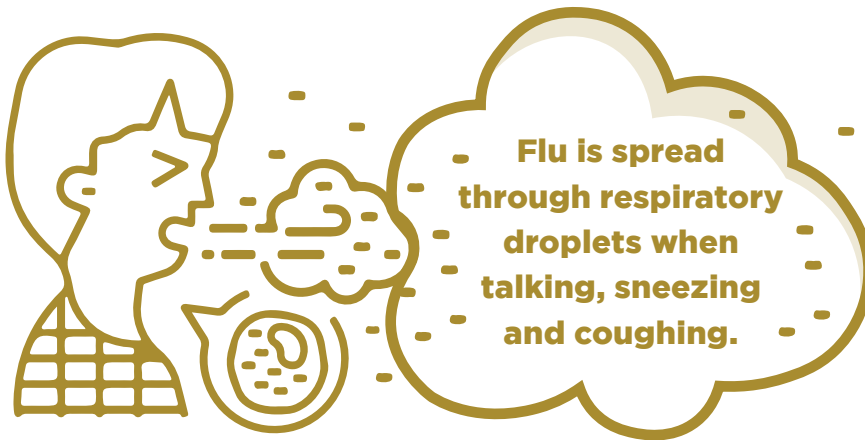
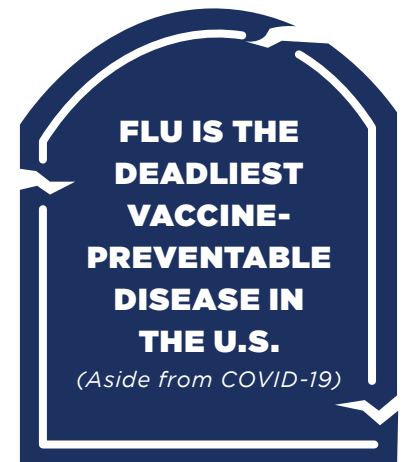


Influenza (Flu) Immunization Information

Each year, we are reminded to schedule our annual flu shot. Because the flu is highly contagious, vaccination is the best way to build and maintain a stronger immune system to protect ourselves and our communities against illness. Find a flu shot location at [vaccines.gov/find-vaccines/](https://www.vaccines.gov/find-vaccines/).



Each year, flu vaccines are designed to protect against the **4 MAIN GROUPS OF FLU** that research shows are most likely to spread and cause illness that year.



PROTECT, PREVENT & TAKE PRECAUTIONS

Getting a yearly flu shot is the first and most important step in protecting against flu viruses.



Prevent spreading flu and other germs:

- Wash your hands often and thoroughly.
- Cover your coughs and sneezes.
- Avoid touching your eyes, nose and mouth.
- Clean surfaces and objects that may be contaminated.
- Practice social distancing when around others.




DO I HAVE THE FLU?

Flu, COVID-19 and RSV are all respiratory illnesses and can have similar symptoms. These can also be mistaken for the everyday common cold or allergies. If you are showing symptoms, **get tested** to know for sure.

	FLU	COVID-19	RSV	COMMON COLD	ALLERGIES
SYMPTOMS	<ul style="list-style-type: none"> • Fever or chills • Cough • Sore throat • Runny/stuffy nose • Muscle or body aches • Fatigue • Vomiting and diarrhea 	<ul style="list-style-type: none"> • Fever or chills • Fatigue • Shortness of breath • Loss of taste or smell 	<ul style="list-style-type: none"> • Runny nose • Decrease in appetite • Coughing • Sneezing • Fever • Wheezing 	<ul style="list-style-type: none"> • Itchy eyes • Sneezing • Runny nose • Chest congestion 	<ul style="list-style-type: none"> • Itchy eyes • Sneezing • Runny nose

STAY HOME IF YOU ARE SICK!

During most flu seasons, people 65 years and older are most seriously impacted by the flu.



FLU MYTHS DEBUNKED

The flu vaccine does not prevent you from getting the flu but can significantly decrease your risk of complications by up to

60%.

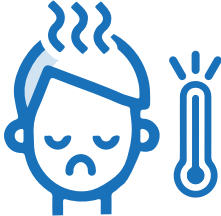
It takes about 2 weeks after vaccination for antibodies to develop in the body and provide protection against the influenza virus.



LIFESAVING FOR CHILDREN:
A study showed flu vaccination reduced children's risk of severe life-threatening influenza by

75%.

Flu symptoms and severity can vary by person and from one season to another.



The flu vaccine **CAN NOT** give you the flu.