

The flu can be deadly,
even for healthy people.



Protect yourself. Protect others.
Get a flu vaccine every year.

FLU VACCINE FACTS:

- ✓ **Anyone can suffer from flu-related complications, even healthy people.**
The flu does not discriminate and can be a potentially serious and even deadly disease for anyone, regardless of age, gender, ethnicity, health status, or lifestyle.
- ✓ **You CANNOT get the flu from the flu vaccine.**
The flu vaccine cannot make you sick with flu, but you can experience mild side effects following vaccination as your body's immune system prepares to fight off future flu infections.
- ✓ **The flu vaccine is safe.**
Vaccines go through years of research and clinical trials before they can be deemed safe and made available to the public. Seasonal flu vaccines are closely monitored for safety.
- ✓ **There are several different types of seasonal flu vaccines.**
All annual flu vaccines help protect against four different circulating flu strains that can cause illness, hospitalization, and death. There are different kinds of available flu vaccines, including injectable (flu shot) and needleless (nasal spray). Talk to a trusted healthcare professional to determine which one is right for you.

Get the vaccine.

It's the best way to prevent the flu.

www.familiesfightingflu.org

