

# TIME TO GET YOUR FLU SHOT

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. The CDC recommends getting a flu vaccine every year. Vaccines have been shown to reduce flu related illnesses and the risk of serious complications that can result in hospitalization or even death.



## MOST CONTAGIOUS MONTHS



## Symptoms



FEVER



CHILLS



COUGH



SORE THROAT



RUNNY NOSE



BODY ACHES



HEADACHES



FATIGUE



VOMITING

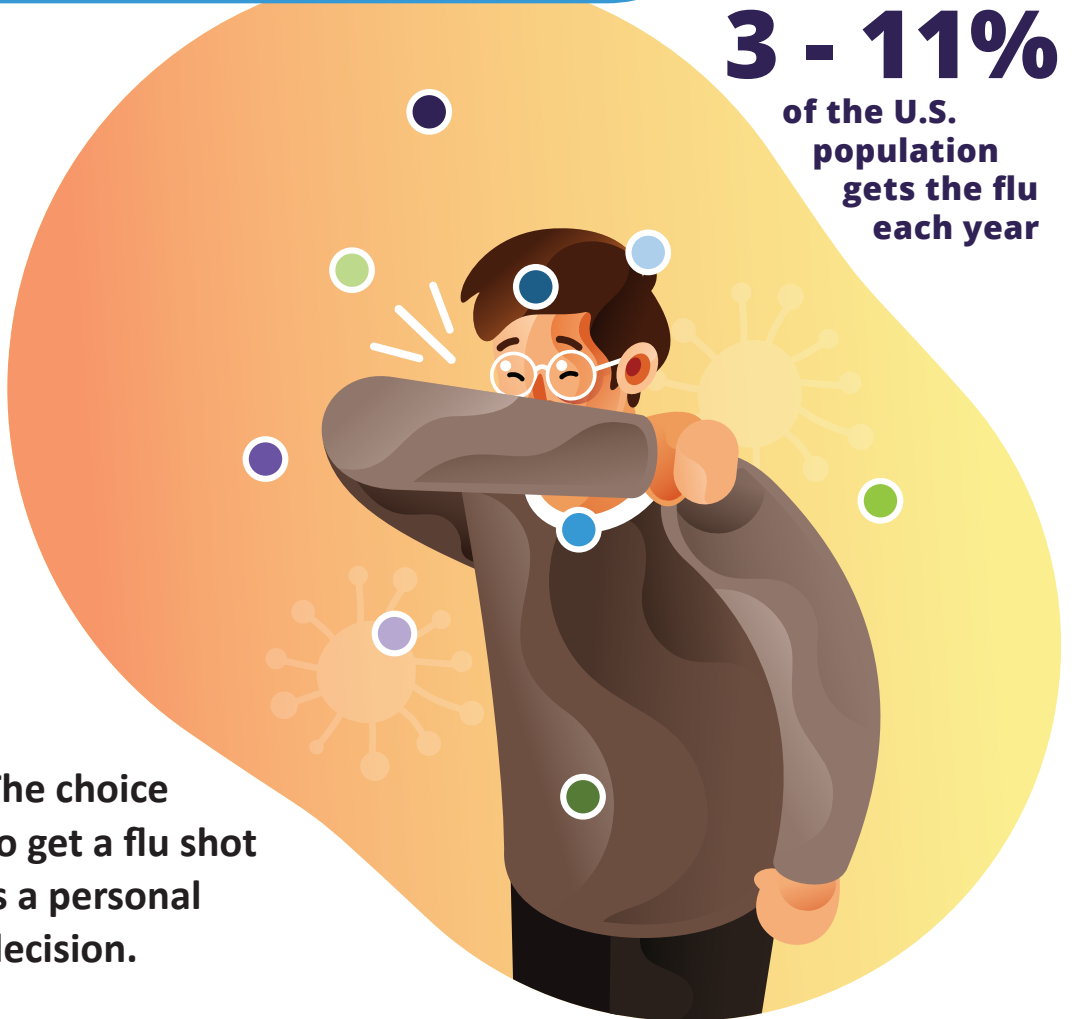
The choice to get a flu shot is a personal decision.

However, there are very rarely any complications that are experienced from the flu vaccine. Children under 6 months old, and those that are allergic to the ingredients in the flu vaccine should not get the vaccine. Consult your doctor if you have any concerns before getting your flu shot.



Covering coughs and sneezes

**3 - 11%**  
of the U.S. population gets the flu each year



## Preventive Actions



Stay away from contagious people



Frequent hand washing

To learn more about the flu and the flu vaccine, visit the CDC's website, [cdc.gov](https://www.cdc.gov), where you can find more information.