

TIME TO GET YOUR **FLU SHOT**

Symptoms



FEVER



CHILLS



COUGH



SORE THROAT



RUNNY NOSE



BODY ACHES



HEADACHES



FATIGUE



VOMITING

Preventive Actions



**Stay away from
contagious people**



**Covering coughs
and sneezes**



**Frequent
hand washing**

MOST CONTAGIOUS MONTHS



SEPT.



OCT.



NOV.



DEC.



JAN.



FEB.

 **novobenefits**

MORE INFORMATION

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.

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.

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