

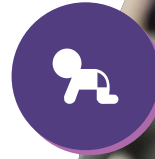
LET'S FIGHT FLU.

Together.

There are a few groups who are higher risk for serious problems related to flu, including:

- Children younger than five, especially those younger than two
- Adults aged 65 or older
- Pregnant women
- Women who have given birth within the past two weeks
- Residents of nursing homes and other long-term care facilities

The flu primarily spreads by droplets, such as when people cough or sneeze. However, it can also be spread from touching a surface or object that has flu virus on it and subsequently touching your mouth or nose. Flu symptoms include fever, chills, cough, sore throat, runny or stuffy nose, body aches, headaches, and fatigue.



The Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older gets an annual flu vaccine, which protects against the most common influenza viruses based on research.

HOW THE FLU VACCINE WORKS

Flu vaccines are made from vaccine viruses that have been inactivated (in other words, killed) or weakened, so they cannot make you, your child, or those you care about sick. Once you get the vaccine, your body produces antibodies—which takes about two weeks—that help prevent infection or reduce the risk of severe disease if you are exposed to the common flu viruses for this year.

The most important thing to know is that flu vaccines are safe and do not cause illness.

The most common side effect after a flu shot is soreness where the injection is given, but that usually goes away after a day or two.