



The flu can hit hard.

Protect yourself with an annual flu vaccine.

What does the flu look like?



Fever



Cough or
sore throat



Body aches,
headache, and
tiredness



Runny or
stuffy nose



Vomiting or
diarrhea in kids

Yearly flu vaccines protect you

Because flu viruses change and protection fades over time, people 6 months and older should get a flu vaccine every year. You can also:

- Wash your hands often
- Cover coughs and sneezes
- Clean and disinfect surfaces
- Stay home if sick

Who's most at risk for severe flu?



- Children under 5
- Adults 65+
- Pregnant people
- Anyone with health conditions like asthma, diabetes, or heart disease

Is the flu contagious?

Yes. Flu spreads through coughs, sneezes, or touching surfaces with the virus. A person can spread the flu before they even feel sick, and they're most contagious in the first 3 days.

When is the best time to get vaccinated?

- **Ideal time:** By the end of October, before the flu spreads widely.
- **Still worth it:** Flu season runs through May, so it's never too late.



The flu can be **SERIOUS**—even for healthy adults. The **vaccine is the best protection** for you and your community.

Source:

¹ CDC: About Flu
AAP: Influenza Recommendations
Healthy Children: AAP Influenza Vaccine Recommendations for 2025-26 Season
Healthy Children: The Flu: What Parents Need to Know

