



Get The Flu Vaccine, Not The Flu!

Protect yourself and those around you by getting the flu vaccine every year.

Flu shots have been shown to reduce flu illnesses, doctors' visits, and missed work and school, as well as the risk of serious flu complications. The Center for Disease Control (CDC) recommends that everyone 6 months and older get a flu shot every year. It's good to plan on getting your shot before the end of October—the start of flu season.

More Flu Quick Tips

Avoid sick people



Cough and sneeze into your arm.



Throw used tissues in the trash.



Wash your hands often with soapy water.



Don't touch your face.



Disinfect surfaces and objects.



Get your family vaccinated against flu this season.

Source: CDC, 2020



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