

HIGH-DOSE

Helps people over 65 have a stronger immune response to the vaccine

Great for:
• age 65 or older

STANDARD FLU SHOT

Great for:
• infants > 6 months
• healthy adults
• pregnant women

Get The 411 on Flu Vaccines

Get Vaccinated and Prevent the Spread of Infection

NASAL SPRAY

Uses a weakened live virus

Great for:
• healthy people
• ages 2–49

"NEEDLE-FREE"
Uses needle-free jet injector

Great for:
• anyone afraid of needles
• Approved for ages 18–64

EGG-FREE

Vaccine produced without eggs

Great for:
• severe egg allergic adults
ages 18 and older

Flu Facts



Up to **20%** of the U.S. will get the flu



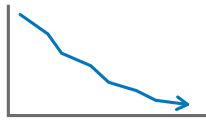
Flu viruses circulate **YEAR-ROUND**, not just in fall & winter



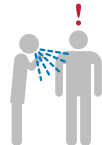
The **FLU VACCINE** does not cause the flu illness — cough & cold season is usually to blame if you get sick



It takes about **2 WEEKS** for the flu vaccine to take effect & offer protection



IMMUNITY declines over time, so a yearly flu shot is recommended



Flu is mostly spread from **COUGHING & SNEEZING**



COMPLICATIONS of flu can include bacterial pneumonia, sinus infections and worsening of asthma

Prevention Tips



CLEAN YOUR HANDS often with soap and water



Use **SANITIZER** when soap and water are not available



DON'T TOUCH YOUR FACE — this is the easiest way for germs to get into your body



Studies show that **SMILING** can help boost your immune system



EATING HEALTHY, balanced meals can strengthen your immune system



EXERCISE boosts your immune system and speeds recovery from illness



STAY HOME for a full 24 hours after your fever goes away

The Centers for Disease Control recommends everyone six months old and older receive a flu vaccine each year.
Source: Centers for Disease Control