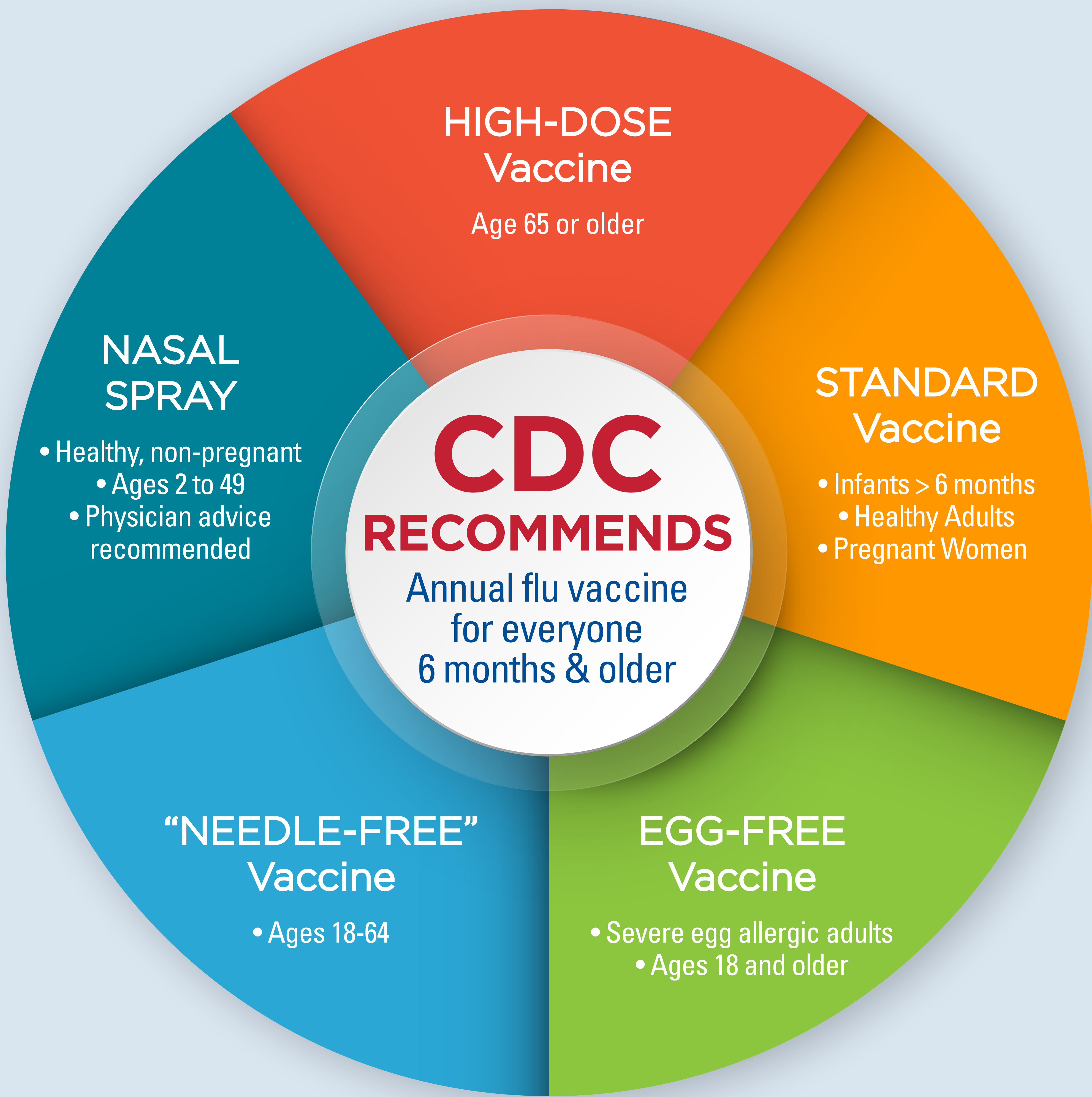
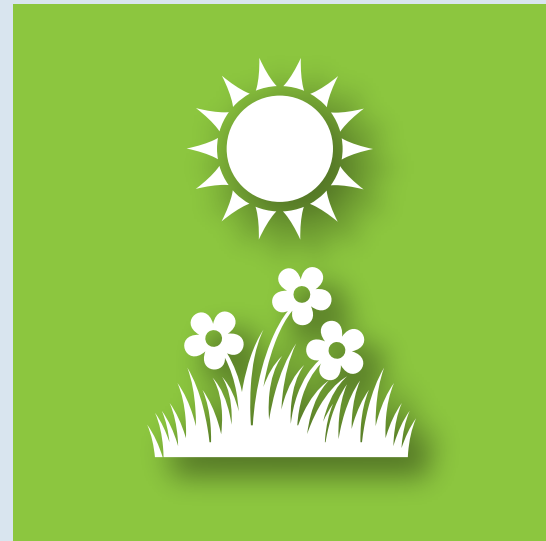


# GET THE 411 ON FLU VACCINES



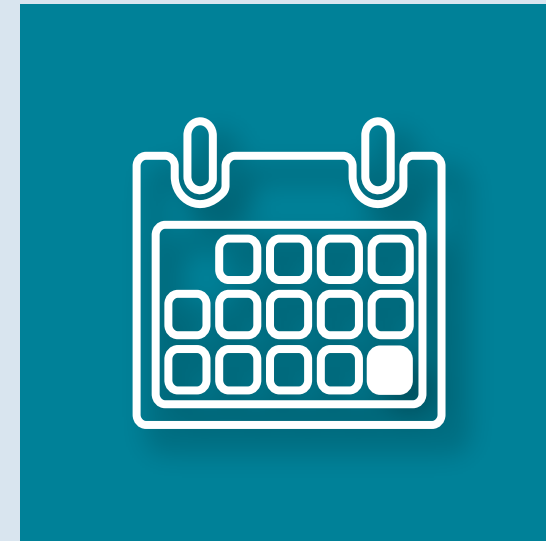
## FLU FACTS



Flu viruses circulate  
**YEAR-ROUND.**



Viruses cause the flu, not the  
**FLU VACCINE.**



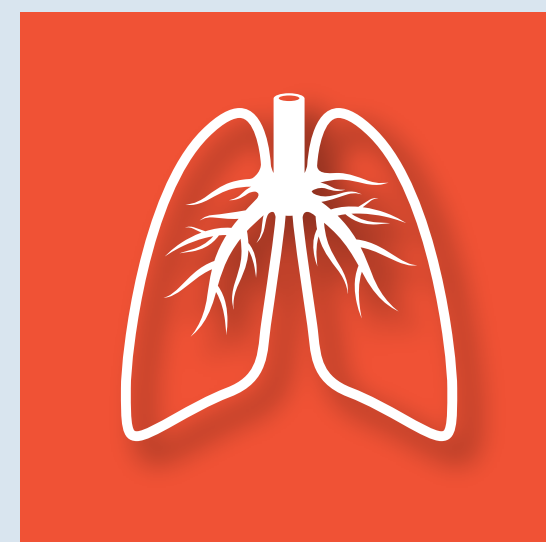
You need **2 WEEKS**  
for the flu vaccine to start protecting.



**IMMUNITY**  
declines over time;  
get vaccinated each year.

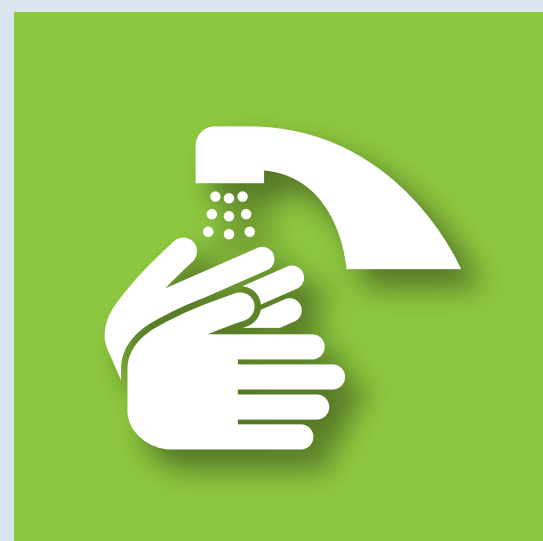


Flu mostly spreads by  
**COUGHING & SNEEZING.**



Flu **COMPLICATIONS**  
include bacterial pneumonia,  
sinus infections and worsening asthma.

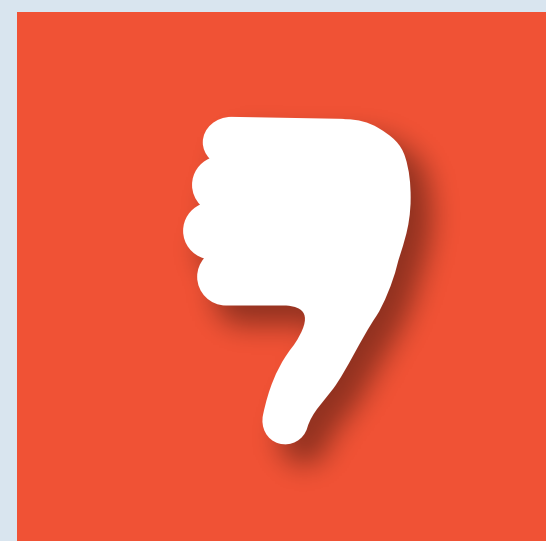
## PREVENTION TIPS



**CLEAN**  
your hands often with  
soap and water.



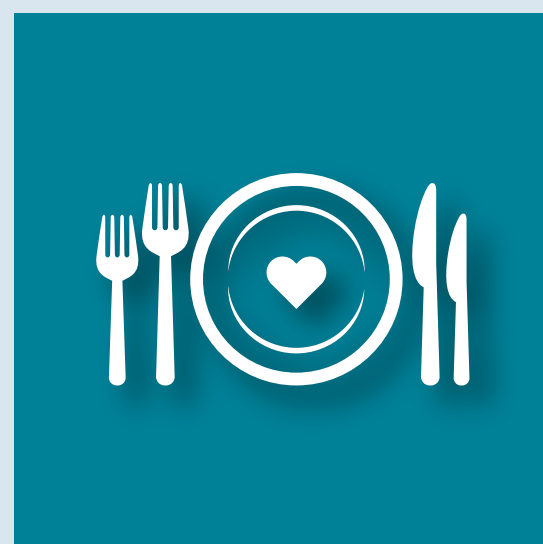
Use **SANITIZER**  
when soap and water are  
not available.



**DON'T TOUCH**  
your face with unwashed hands.



**SMILING**  
boosts your immunity.



**EAT HEALTHY,**  
balanced meals to strengthen  
your immune system.



**EXERCISE**  
boosts immunity and  
speeds recovery from illness.



**STAY HOME**  
for a full 24 hours after  
your fever is gone.



**GET VACCINATED**  
for protection against the flu.

Source: Centers for Disease Control and Prevention (CDC)



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