

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

CDC does not recommend the nasal spray this flu season due to poor effectiveness in the past two seasons.

"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



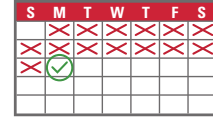
Up to **20%** of the U.S. will get the flu.



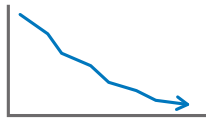
Flu viruses circulate **YEAR-ROUND**, not just in fall & winter.



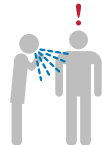
The **FLU VACCINE** does not cause the flu illness — cough & cold season is usually to blame if you get sick.



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.



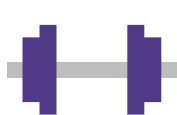
DON'T TOUCH YOUR FACE — this is the easiest way for germs to get into your body.



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



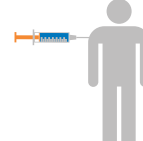
EATING HEALTHY, balanced meals can strengthen your immune system.



EXERCISE boosts your immune system and speeds recovery from illness.



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



GET VACCINATED for protection against the flu.

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