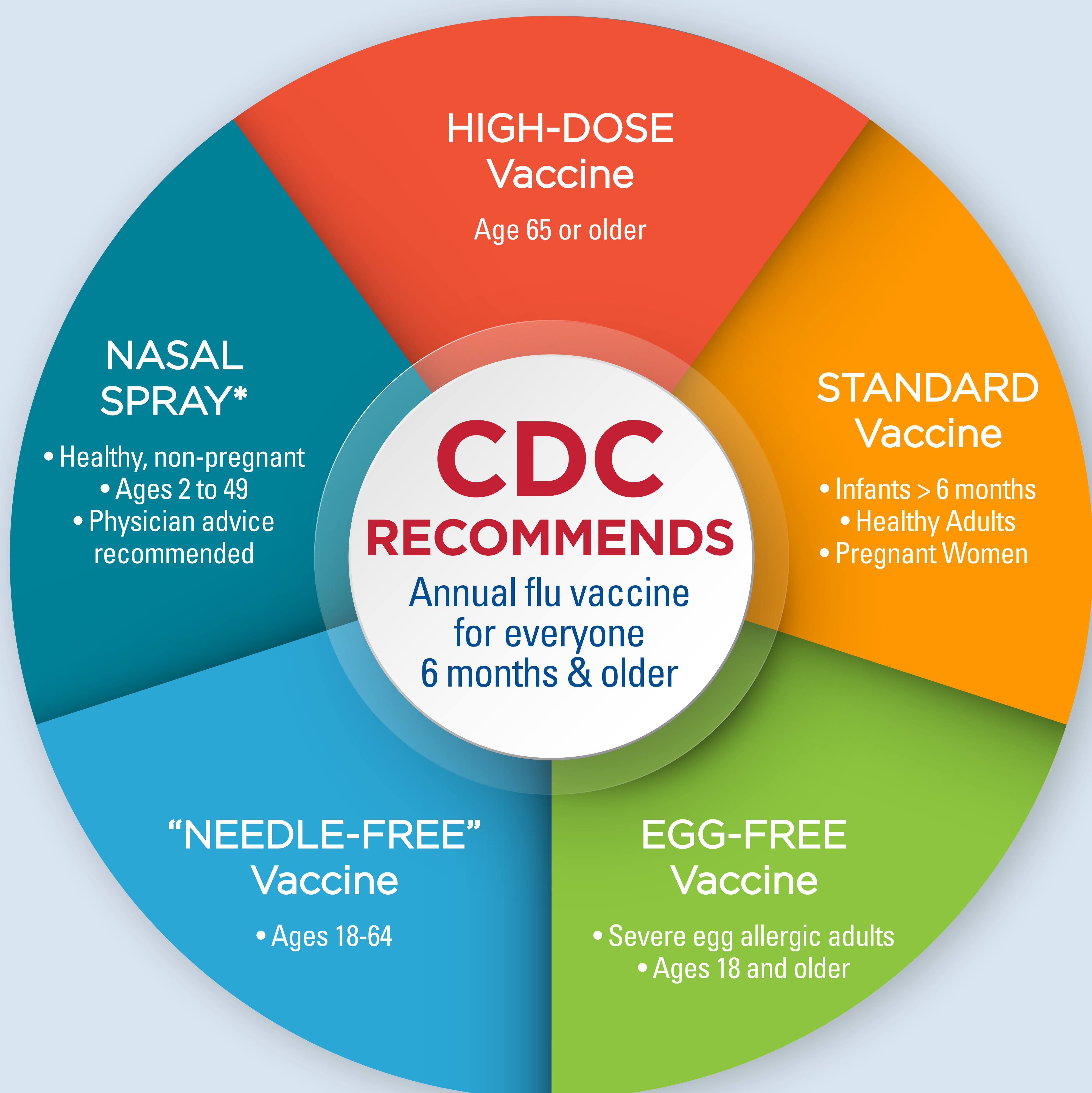
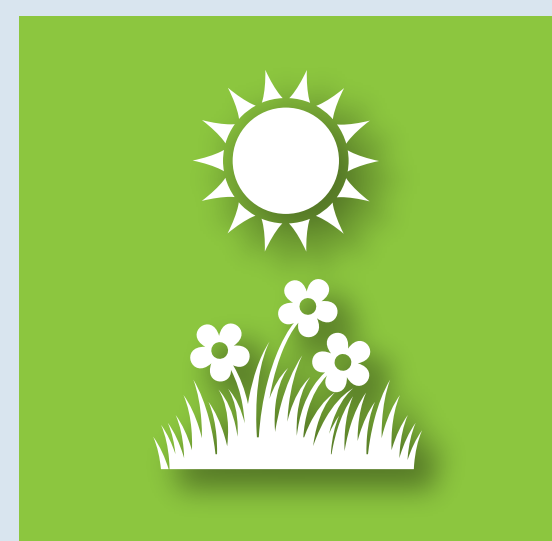


Which Flu Vaccine Is Right for You?



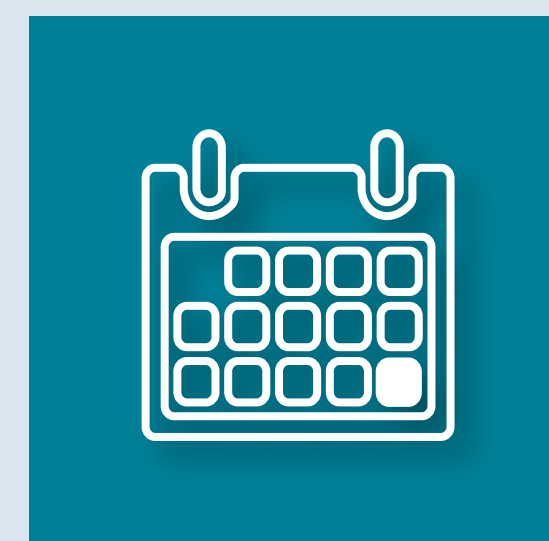
FLU FACTS



Flu viruses circulate
YEAR-ROUND.



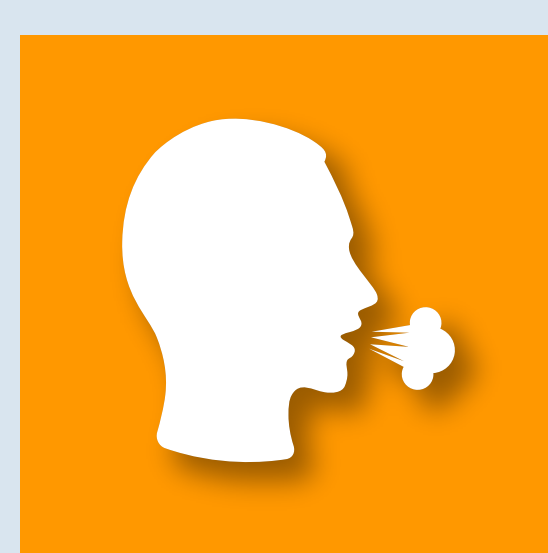
Viruses cause the flu, not the
FLU VACCINE.



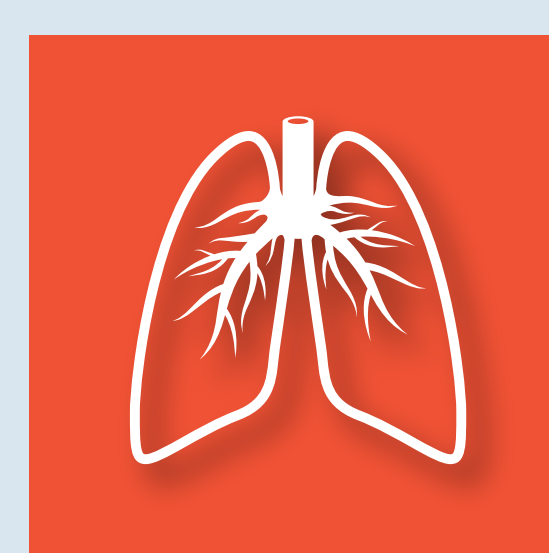
You need **2 WEEKS**
for the flu vaccine to start protecting.



IMMUNITY
declines over time —
get vaccinated each year.

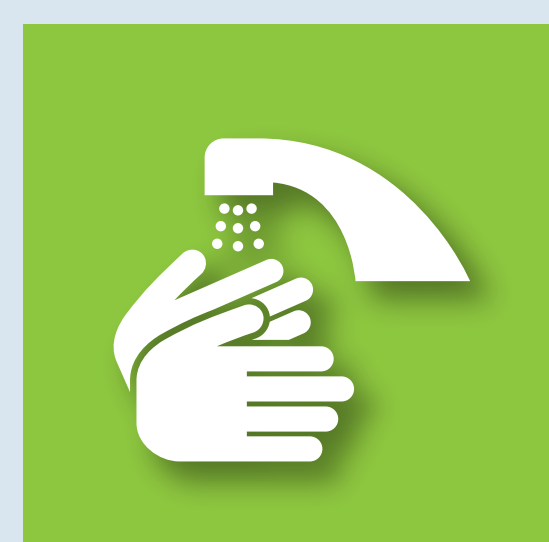


Flu mostly spreads by
COUGHING & SNEEZING.



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

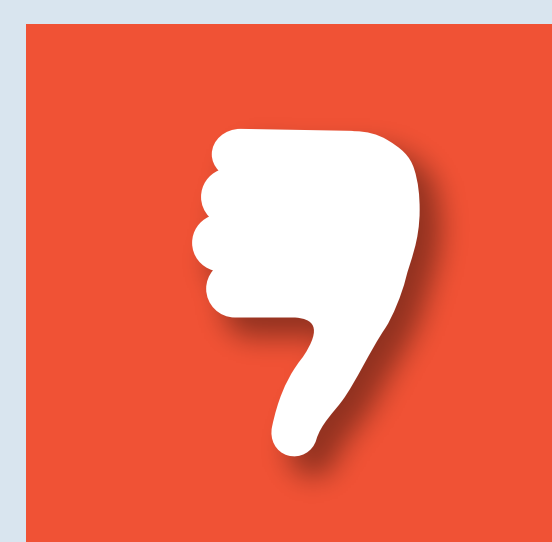
PREVENTION TIPS



CLEAN
your hands often with
soap and water.



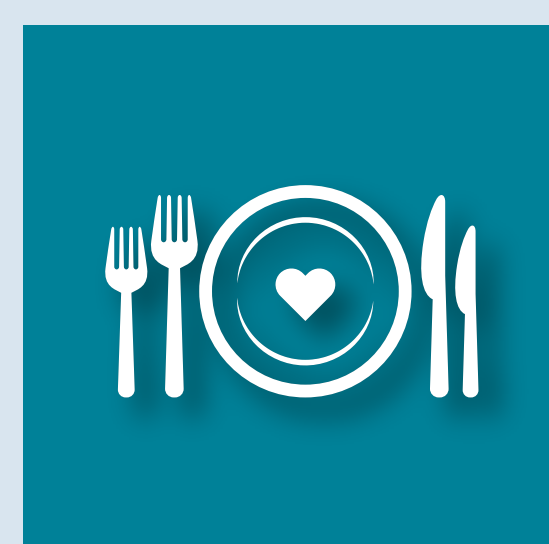
Use **SANITIZER**
when soap and water are
not available.



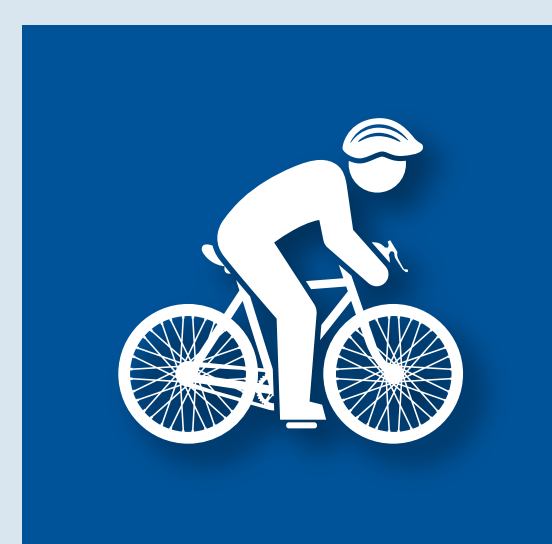
DON'T TOUCH
your face with unwashed hands.



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)

* No U.S. effectiveness data since ingredients changed in the 2017-2018 flu season



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