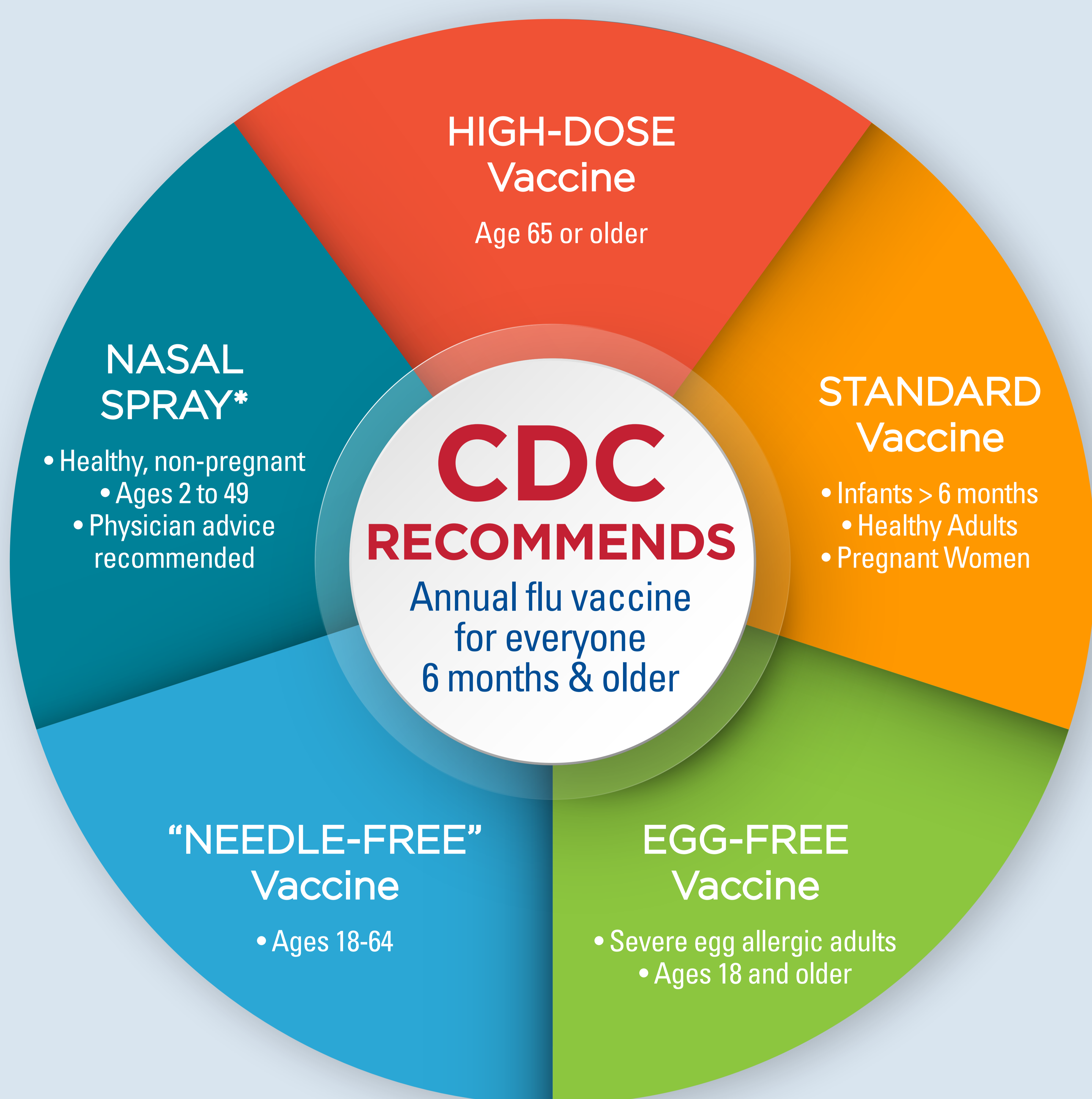
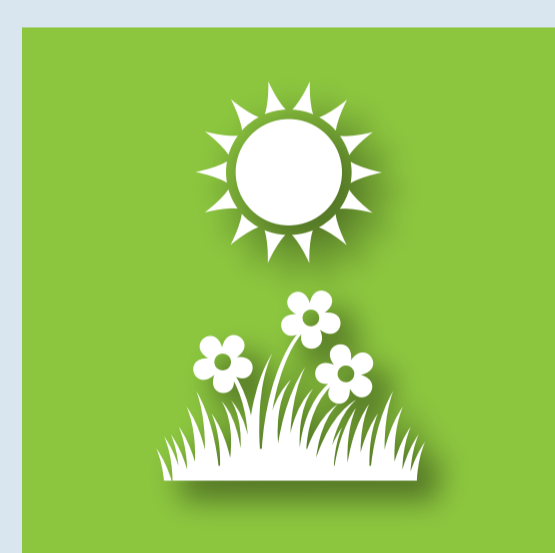


Which Flu Vaccine Is Right for You?



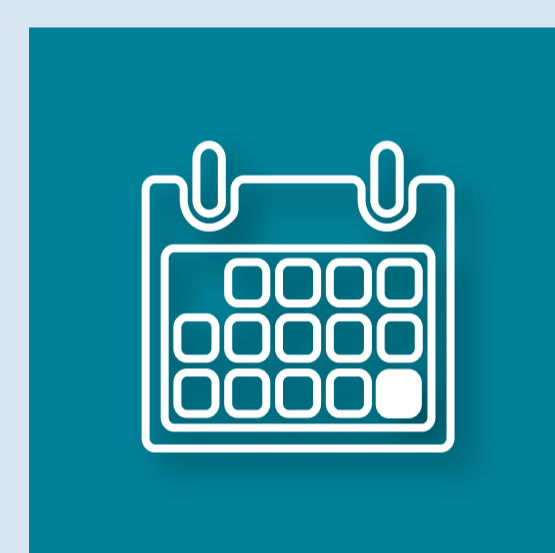
FLU FACTS



Flu viruses circulate **YEAR-ROUND.**



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



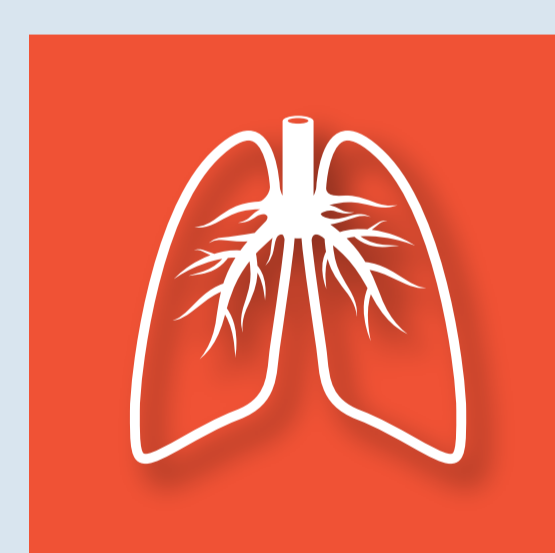
You need **2 WEEKS** for the flu vaccine to start protecting you.



IMMUNITY declines over time — get vaccinated each year.

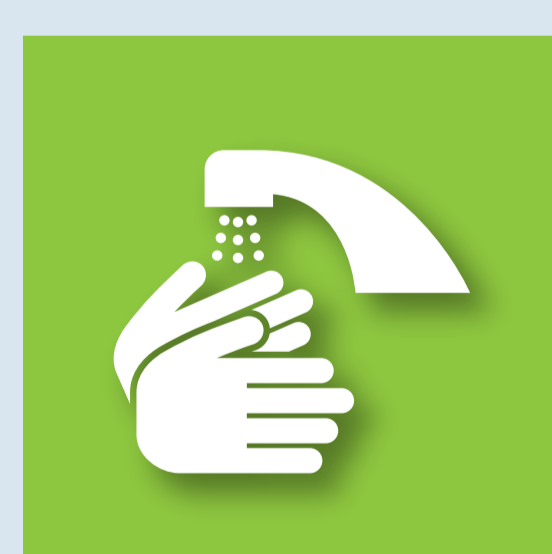


Flu mostly spreads by **COUGHING & SNEEZING.**



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

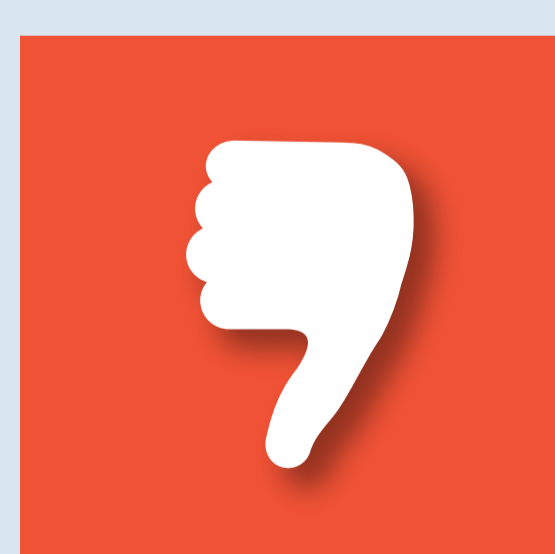
PREVENTION TIPS



CLEAN your hands often with soap and water.



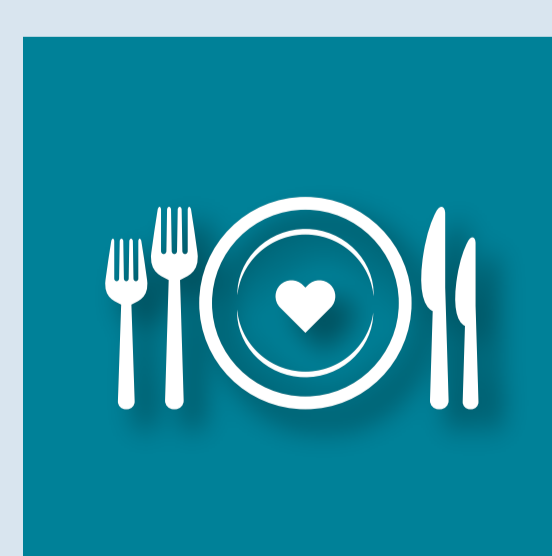
Use **SANITIZER** when soap and water are not available.



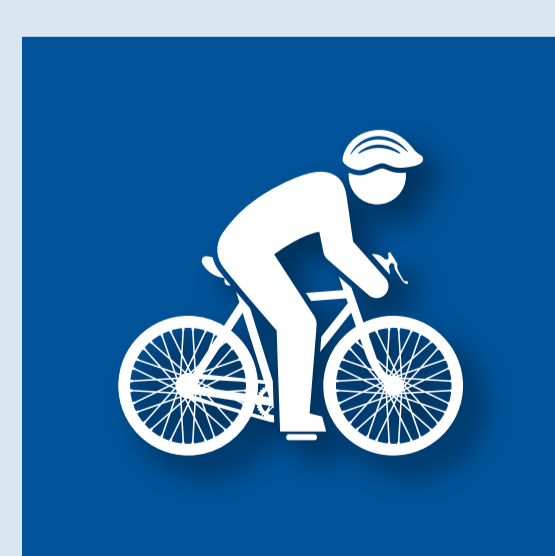
DON'T TOUCH your face with unwashed hands.



SMILING boosts your immunity.



EAT HEALTHY, balanced meals to strengthen your immune system.



EXERCISE to boost immunity and speed 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