




FLU FACTS



Everyone 6 months and older needs a yearly flu vaccination, especially those with weaker immune systems:

- ✓ Adults aged 65+
- ✓ Pregnant women
- ✓ Young children
- ✓ People with chronic medical conditions



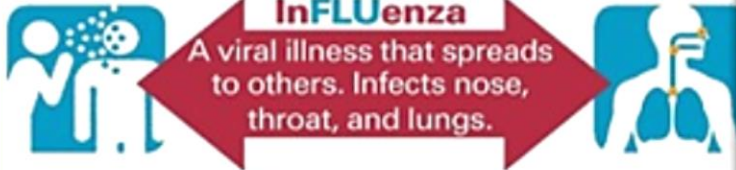



200,000

The Flu Can Kill.
200,000 people go to the hospital each year because of the flu. The flu caused a record 48,614 deaths in 2003-04.

InFLUenza

A viral illness that spreads to others. Infects nose, throat, and lungs.





Symptoms

- ✓ Fever/Chills
- ✓ Cough
- ✓ Body aches
- ✓ Sick 7-10 days

PROTECT YOURSELF FROM THE FLU

BE WISE — IMMUNIZE



Flu Vaccine Types

- ▶ Shot
- ▶ High-dose version for the elderly
- ▶ Nasal-spray flu vaccine

Talk with your doctor about which vaccine is right for you.

The flu vaccine won't give you the flu because it contains weakened or killed virus.

If you catch the flu after you've been vaccinated, it's most likely because:

- 1 You were exposed to the flu** before you developed protection — about two weeks.
- 2 Different flu types exist.** You may not be protected against all of them.

Possible Vaccine Side Effects

- ✓ Mild fever
- ✓ Soreness where you get the shot



Keep Yourself Healthy!

- ✓ **Get Vaccinated Every Year**
- ✓ Wash hands
- ✓ Avoid sick people