



**SHARE HUGS  
NOT FLU BUGS  
GET YOUR FLU VACCINE**

## **SYMPTOMS OF THE FLU INCLUDE:**

- Fever
- Aches
- Chills
- Coughing
- Sore throat
- Runny nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea

## **PLANNING AHEAD IS YOUR BEST STRATEGY.**

It's never too late to protect yourself with this season's flu vaccine. There is even an intranasal flu vaccine option for those afraid of needles.<sup>1</sup>

*did  
you?  
know*

All ages are vulnerable to the influenza virus and the Advisory Committee on Immunization Practices recommends annual vaccination for patients 6 months and above.<sup>2</sup>

Ask your physician  
or pharmacist  
about getting  
your flu vaccine  
today!



**SAFE | CONVENIENT | RELIABLE**  
**MyFluVaccine.com | (800) 843-7477**

<sup>1</sup>For the ACIP's latest influenza vaccine recommendations, please visit [www.cdc.gov/flu/prevent/different-flu-vaccines.htm](http://www.cdc.gov/flu/prevent/different-flu-vaccines.htm)  
<sup>2</sup>CDC (March 21, 2019) ACIP Recommendations, retrieved from [www.cdc.gov/vaccines/acip/recommendations.html](http://www.cdc.gov/vaccines/acip/recommendations.html)

CLINIC LOCATION(S):

DATE(S):

TIME(S):