



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

did
you?
know

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.¹

People 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age.²

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



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

¹ For the ACIP's latest influenza vaccine recommendations, please visit www.cdc.gov/flu/prevent/different-flu-vaccines.htm
² CDC (February 12, 2019) People 65 Years and Older & Influenza, retrieved from www.cdc.gov/flu/highrisk/65over.htm

CLINIC LOCATION(S):

DATE(S):

TIME(S):