



**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.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!

did
you?
know



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):