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

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

¹ For the ACIP’s latest influenza vaccine recommendations, please visit www.cdc.gov/flu/prevent/different-flu-vaccines.htm
² CDC (March 21, 2019) ACIP Recommendations, retrieved from www.cdc.gov/vaccines/acip/recommendations.html