

SEASON GOAL: NO FLU.

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

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

CDC recommends that preteens and teens get their annual flu vaccine by the end of October.²



**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 (October 11, 2016) Flu Vaccine for Preteens and Teens, retrieved from www.cdc.gov/vaccines/parents/diseases/teen/flu.html

CLINIC LOCATION(S):

DATE(S):

TIME(S):