

**SEASON GOAL:
NO FLU.**

**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

did
you?
know

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