

# FALL FUN NOT THE FLU

## 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.<sup>1</sup>

did  
**you?**  
know

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.<sup>2</sup>

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



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

<sup>1</sup> For the ACIP's latest influenza vaccine recommendations, please visit [www.cdc.gov/flu/prevent/different-flu-vaccines.htm](http://www.cdc.gov/flu/prevent/different-flu-vaccines.htm)  
<sup>2</sup> CDC (August 12, 2020) Flu & People 65 Years and Older, retrieved from [www.cdc.gov/flu/highrisk/65over.htm](http://www.cdc.gov/flu/highrisk/65over.htm)

CLINIC LOCATION(S):

DATE(S):

TIME(S):