

Fight the Flu!

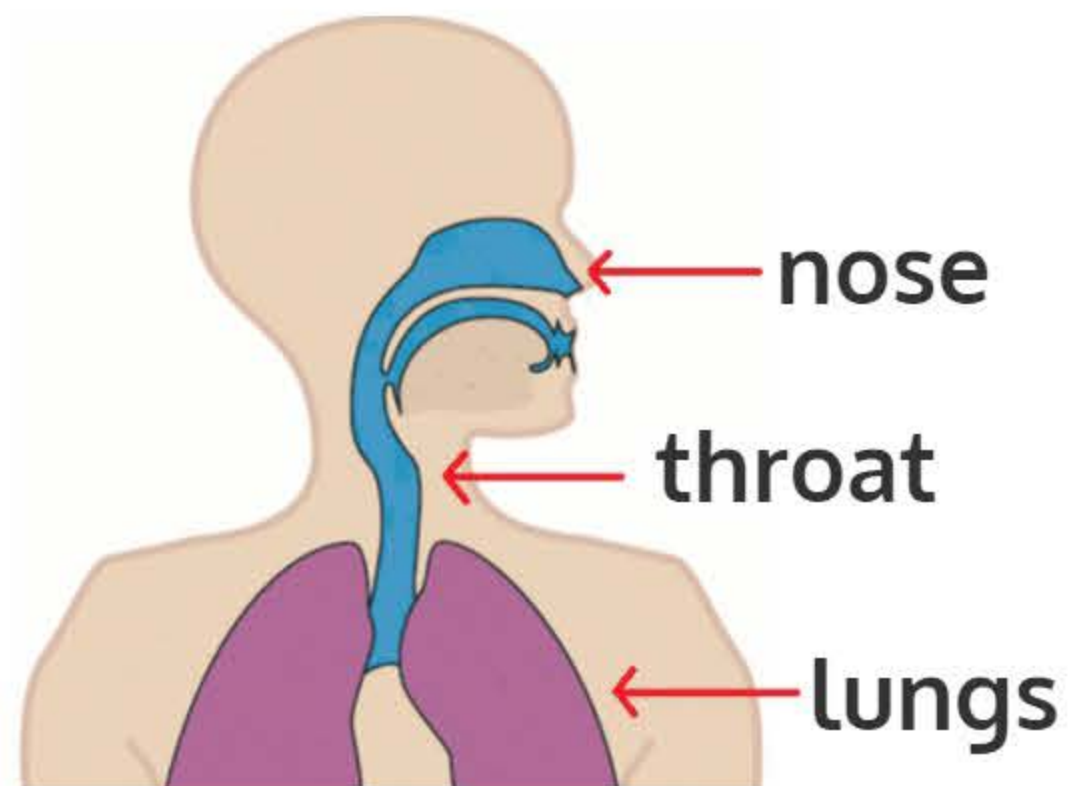
Get a flu vaccine.

Did you know?



It takes about **14 days** for your body to build antibodies after flu vaccination.

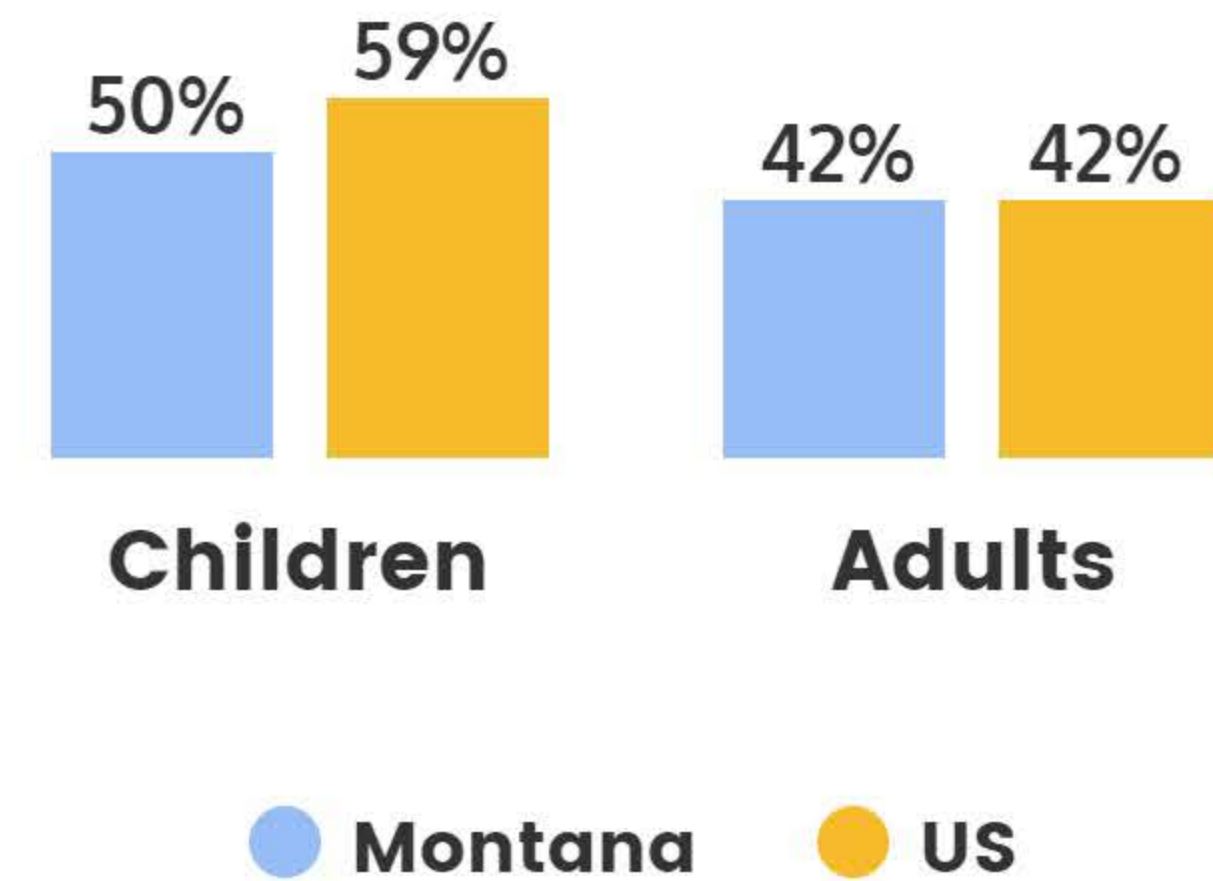
The flu is a contagious respiratory illness that infects the



6 feet

Distance someone can spread the flu virus.

Received a flu vaccine during 2015-2016 flu season



Who needs a flu vaccine?



Everyone **6 months and older** needs a yearly flu vaccination, especially:

- Pregnant women
- Young children
- Adults aged 65+
- People with chronic medical conditions

Ways to prevent the flu



National Influenza Vaccination Week (NIVW): Dec. 4-10, 2016

The Centers for Disease Control and Prevention established NIVW to highlight the importance of continuing flu vaccination through the holiday season and beyond.

It's not too late to get your flu shot!