



Don't let the flu bring you down.



Protect Each Other!

We're all in this together.

Did you know that getting a flu shot protects not only you, but helps protect your family, friends, and co-workers, too?



Get Vaccinated!

Everybody needs a flu shot. Every year.

No matter your age and health, the flu can affect you! You can't get flu from a flu shot. The flu shot takes 2 weeks to reach full effectiveness, so get yours soon!



Wash Up!

Wash your hands frequently.

While a seasonal vaccine is your best defense against the flu, it's also important to wash your hands often.



Sleeves, Not Hands!

Prevent the spread. Do your part.

Sleeves, Not Hands! Cover your sneeze!