



WHY do I need a flu shot?

Complications from the flu kill thousands of Americans every year. Getting a flu shot will decrease the likelihood that you will catch the flu. As a result, you lower the chances that you will pass it on to your co-workers or take it home to your family and friends.

WHO should get a flu shot?

Anyone who wants to avoid getting the flu, especially.....

- ◆ People over 65 years old, or people at any age with a chronic health condition such as heart disease, lung disease, diabetes, kidney disease, asthma, cancer, and HIV/AIDS, as well as women who will be pregnant during the flu season
- ◆ Children ages 6 months - 5 years of age, (check with physician)
- ◆ Household companions and caretakers of people listed above
- ◆ Healthcare workers

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