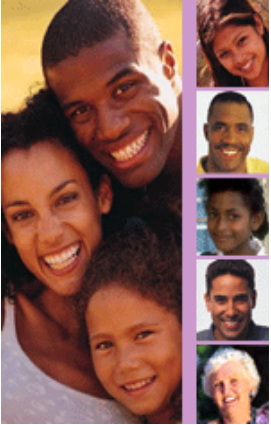


PREVENT FLU

Get Vaccinated:



The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- ◆ The **flu shot** is given to people older than 6 months of age, including healthy people and people with chronic (ongoing) medical conditions.
- ◆ The **nasal-spray** is flu vaccine sprayed into the nose. This vaccine is only given to healthy people 5 to 49 years of age who are not pregnant.

Who should get vaccinated:

- ◆ People 50 years of age and older;
- ◆ People 6 months of age and older who have a chronic medical conditions;
- ◆ Children 6 to 23 months of age;
- ◆ Pregnant women;
- ◆ People who care for or live in the same house as high risk people (anyone listed above is considered high-risk);
- ◆ Healthcare workers; and
- ◆ Persons of any age who don't want to get the flu.

Help reduce the spread of flu:

- ✓ Keep your immune system strong — get plenty of rest, drink lots of water, and eat right.
- ✓ Cover your mouth when you cough or sneeze.
- ✓ Do not share anything that goes into the mouth such as drinking cups and straws.
- ✓ Wash your hands often or use alcohol-based hand solutions.
- ✓ Frequently clean commonly touched surfaces such as door knobs and phones.
- ✓ Stay home from work or school when you are sick.
- ✓ Keep your distance, if possible, from people who have the flu.

