

THIS is what happens when you don't get a flu shot.



Flu viruses change, so you need to be vaccinated every year. According to the Centers for Disease Control and Prevention, "all persons aged 6 months and older should be vaccinated, with rare exceptions." Because it could get ugly.

don't get zombied by the flu. vaccine before Halloween!

DON'T CATCH THE FLU!



1. Cover your nose and mouth. Cough or sneeze into a tissue, your shirt sleeve or elbow.
2. Wash your hands a lot with soap and water. Alcohol-based hand sanitizers are OK to use—soap and water is best.
3. Try not to touch your eyes, nose and mouth. Germs are spread this way.