



### Have you had a vaccine?

Every year a flu vaccine is made to protect people. Not sure if you have had yours? Ask your health care office, pharmacy or wherever you may have gotten a vaccine. They can check their records or the state vaccine registry. Your health can't wait, talk with your current health care team. They can check what vaccines you should get for your best protection.



### One dose and done, every year.

The flu vaccine is just one dose. You can take it at the same time as other vaccines. You can't get flu from the vaccine.



### Know the facts about the flu vaccine.

Flu in adults can start like a cold with a runny nose, sneezing and a sore throat, but it quickly gets worse. Flu often causes fever, aches, tiredness, sweats and chills. Flu can also cause a headache, cough and shortness of breath. It spreads easily so people who live in group settings or long term care facilities are more at risk.

Usually, people get sick between one and four days after being near someone with the flu. It is difficult to tell the difference between COVID-19 and the flu without a test. While the flu is worse some years than others, every year thousands of people die and many more go to the hospital because of the flu. It can make people 65 years and older sicker than younger adults.

Most people get the flu from December to February. Medicine can be prescribed to help you feel better faster. The medicine must be started soon after symptoms appear, so don't wait to get tested.

### Ways to prevent the flu:

- **Get the flu vaccine**
- Wash your hands regularly
- Wear a mask if you have a cough or are near ill people
- Stop smoking
- Maintain a healthy diet

Scan to learn more about flu vaccines:



## Together, we can make a plan for your best protection!