



FIGHTING THE FLU BEGINS WITH YOU.

ONE SHOT CAN HELP PREVENT FLU

FIVE FLU FACTS:

- 1.** Everyone 6 months or older needs a yearly flu shot - especially adults age 65+, pregnant women, young children, and people with chronic medical conditions like diabetes, asthma, and heart disease.
- 2.** Flu kills. North Carolinians die each year from flu-associated illness.
- 3.** The flu vaccine won't give you the flu. If you catch the flu after you have been vaccinated, it could be because you were exposed to the flu before you got vaccinated.
- 4.** Flu vaccines keep us moving. The shot may not always prevent the flu, but it can lessen symptoms and shorten sick time.
- 5.** You may have side effects like aches, mild fever, and soreness where you received the shot. That is nothing compared to being hospitalized because of the flu.



Call your providers office for scheduling.