

# FIGHT FLU

**GET A FLU  
VACCINE  
NOW!**

**Influenza (flu)** is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

## GET YOURSELF AND YOUR FAMILY **VACCINATED!**

**A yearly flu vaccine is the first and most important step in protecting against flu viruses.** Everyone 6 months or older should get an annual flu vaccine. Protect yourself. Protect your family. Get vaccinated.

## HELP STOP THE **SPREAD**

**Take everyday preventive actions to help stop the spread of flu viruses!** Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



## ASK YOUR DOCTOR ABOUT FLU **ANTIVIRALS**

**Take antiviral drugs if your doctor prescribes them!** Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



**CALL TO GET A FLU VACCINE  
(804) 205-3501**



**RICHMOND CITY  
HEALTH DISTRICT**  
[www.rchd.com](http://www.rchd.com)



**HENRICO COUNTY  
HEALTH DISTRICT**  
[www.henrico.us/health](http://www.henrico.us/health)