

The Flu Ends With You

Why is everyone - even the young and healthy - encouraged to get the flu shot?

Anyone can get the flu. When young and healthy people get vaccinated, they also avoid spreading the flu to those people who are at higher risk of getting very sick or even dying from the flu.



Who else are you protecting when you get a flu shot?

- Infants and toddlers
- Pregnant women
- Older persons
- People with chronic health problems like asthma, diabetes, heart disease, and lung disease
- People with weak immune systems from illnesses like cancer

How do young, healthy people benefit personally from a flu shot?

Getting the flu is miserable and most people who get it have to miss school or work for several days. Getting a flu shot helps prevent that.

When should I get a flu shot?

It takes about two weeks for the flu shot to start working. Typical flu season starts in the fall and lasts into the spring. The sooner you get vaccinated, the longer you will be protected from getting sick.

Where can I get a flu shot?

Many places offer flu shots. Check with your doctor, local health department, pharmacy, grocery store, urgent care clinic, college health center, or employer.

For more information go to: www.flu.gov



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