

Live-Read Radio/TV Copy



**VALUE
HEALTH**
PROTECT AGAINST
INFLUENZA

30 seconds:

[Optional: This is National Influenza Vaccination Week and] health officials are urging Virginians to stay healthy during flu season. It's not too late to get vaccinated! Flu vaccines are available — and recommended — through April, and longer if necessary. **[Optional: Insert local flu vaccination resources]**

Flu is serious. You can also prevent flu by washing your hands often and coughing or sneezing into your arm or sleeve, not your hands. Learn more about flu and flu prevention at www.vdh.virginia.gov. This message is from the Virginia Department of Health.

45-60 seconds:

[Optional: This is National Influenza Vaccination Week and] health officials are urging Virginians to take their best shot at staying healthy during the flu season. It's not too late to get a flu shot! Flu vaccines are available — and recommended — through April, and longer if necessary. **[Optional: Insert local flu vaccination resources]**

Getting vaccinated is the best way to avoid getting the flu. Also, wash your hands often. Cough or sneeze into your arm or sleeve, not into your hands. If you do get the flu, stay home from work or school. Talk to your doctor about staying healthy and keeping your family healthy.

Flu is serious. These easy steps can help us all stay healthy. Learn more about flu and flu prevention at www.vdh.virginia.gov. This message is from the Virginia Department of Health.