

FIGHTING THE FLU STARTS WITH YOU!

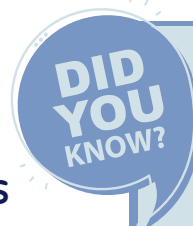


WHAT IS FLU?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can be even deadly.

SYMPTOMS

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headaches
- Fatigue
- Muscle aches



Flu vaccination is  recommended between September and October, but you can get it anytime during flu season.



The best way to protect yourself, friends, and family is by getting a seasonal flu vaccine!



*For more information about flu vaccines:
www.immunizekansascoalition.org/kansas-fights-flu*

WHO IS MOST AT RISK FOR FLU?

- Adults 65 Years and Older
- Adults with Chronic Health Conditions
- Pregnant Women
- Infants and Children (younger than 5 years old)



ARE FLU VACCINES SAFE?

Yes! Flu vaccines have been in use **since 1945**.



Hundreds of millions of people have safely gotten their flu vaccine.

It's always best to talk to your healthcare provider or pharmacist to determine which flu vaccine is right for you.



FIND A FLU VACCINE NEAR YOU!

FAST FACTS

- Everyone should receive a flu vaccine yearly! 
- It takes 2 weeks for a flu vaccine to take full effect!
- A pregnant woman that gets a flu vaccine, protects her baby for 6 months after vaccination. 
- Find flu vaccines at health departments, pharmacies, clinics, and more! 



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