

PROTECT YOURSELF AND YOUR FAMILY WITH THE FLU VACCINE



SEASONAL FLU CAN BE DEADLY!

Each year, thousands of people in the United States die from flu, and many more are hospitalized. Flu season lasts from October through May, but you can protect yourself and your family with the flu vaccine.



FLU VACCINE CAN:

- Keep you from getting the flu
- Make flu less severe if you do get it
- Keep you from spreading flu to your family and others

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Please contact your physician, community health center, or other provider to get a flu shot today. For more information or to locate a local flu clinic, call the Orange County Health Department at (845) 291-4300.