



Flu Season Tips

Protect yourself and your community by getting the flu shot this season. HealthReach recommends that everyone older than 6 months receive their seasonal flu shot.

Benefits of the Flu Shot

- Decreases your chances of getting the flu
- Reduces your symptoms if you do get the flu
- Reduces your likelihood of being hospitalized with the flu
- Reduces the risk of child death from the flu

Don't Stop at the Shot!

- Cover your coughs and sneezes.
- Avoid close contact with sick people.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth to stop the spread of germs.

Resources:

<https://www.cdc.gov/flu/prevent/index.html>