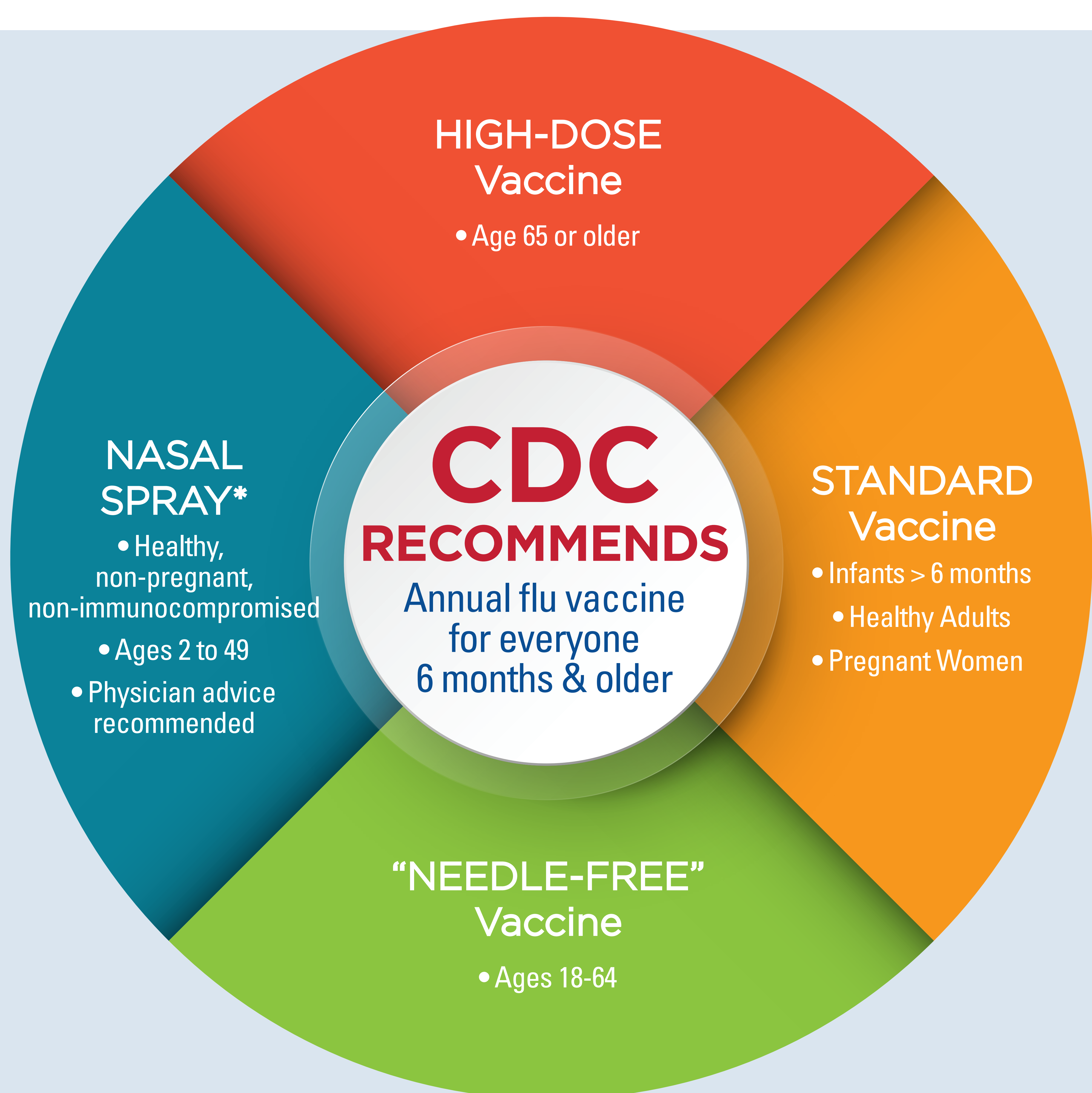
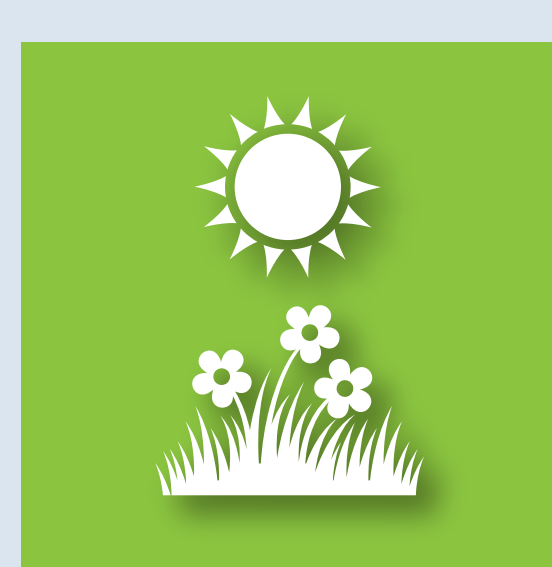


Which Flu Vaccine Is Right for You?



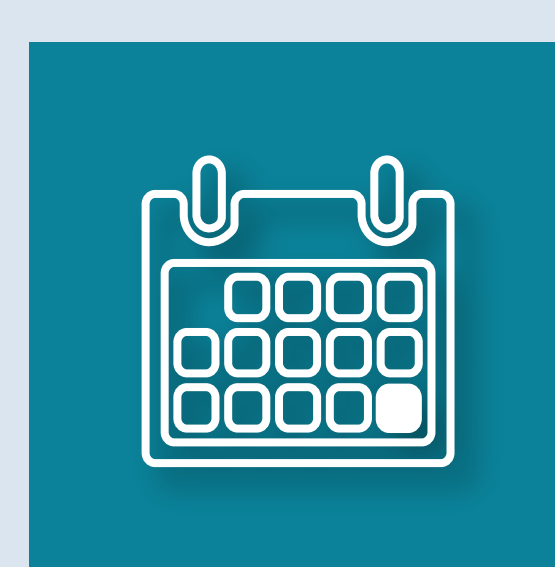
FLU FACTS



The flu is caused by **INFLUENZA VIRUSES**. Vaccines protect against particular strains of influenza.



Viruses cause the flu, not the **FLU VACCINE.**



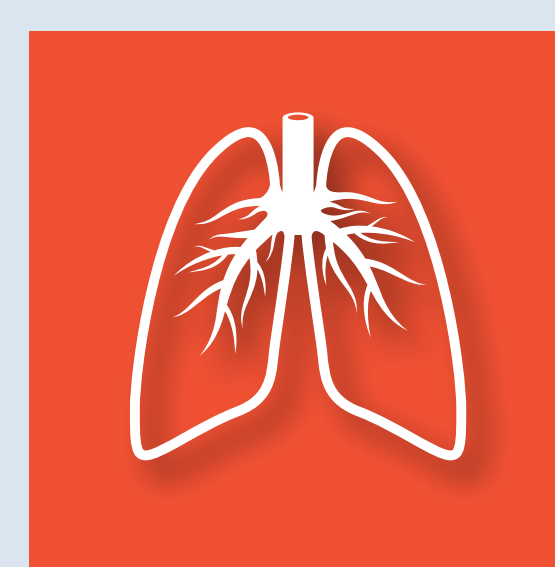
You need **2 WEEKS** for the flu vaccine to start protecting you.



IMMUNITY declines over time — get vaccinated each year.

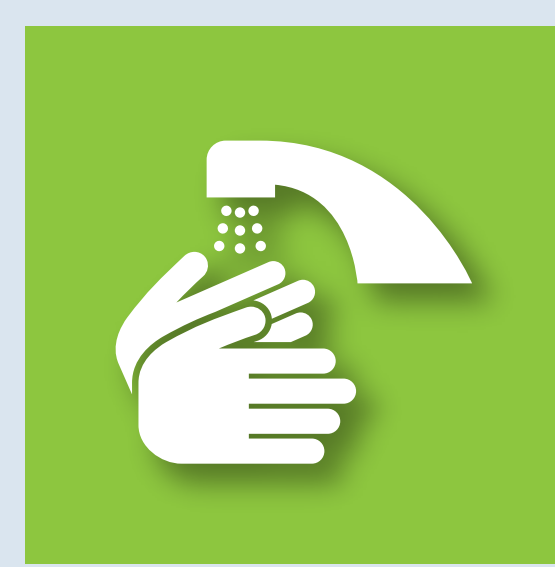


Flu mostly spreads by **COUGHING & SNEEZING.**



Flu **COMPLICATIONS** include bacterial pneumonia, sinus infections and worsening asthma.

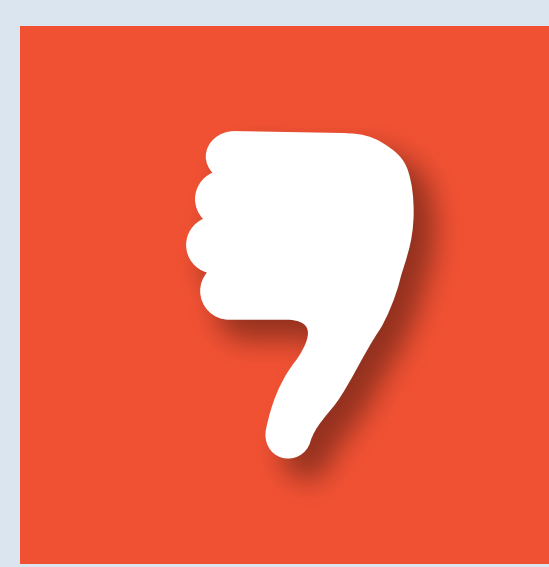
PREVENTION TIPS



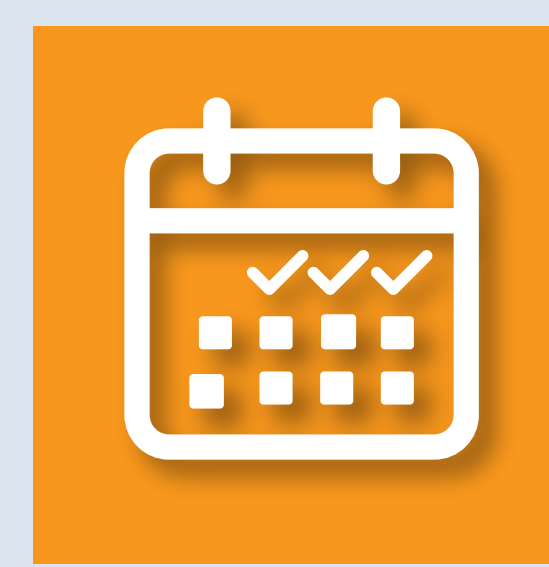
CLEAN your hands often with soap and water.



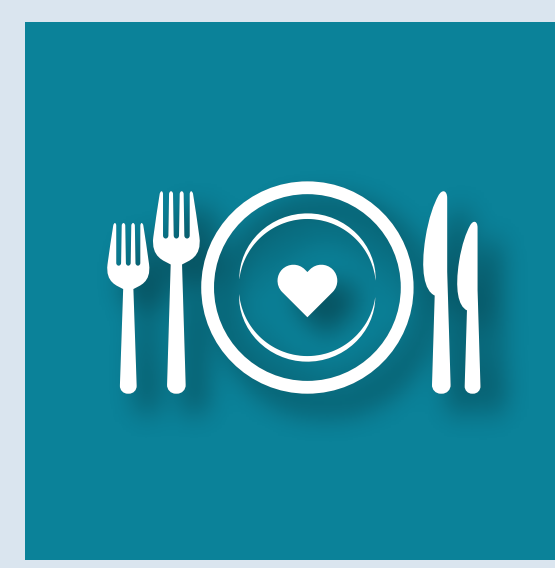
Use **SANITIZER** when soap and water are not available.



DON'T TOUCH your face with unwashed hands.



UNDERSTAND contagiousness windows (people are usually most infectious during the first three days).



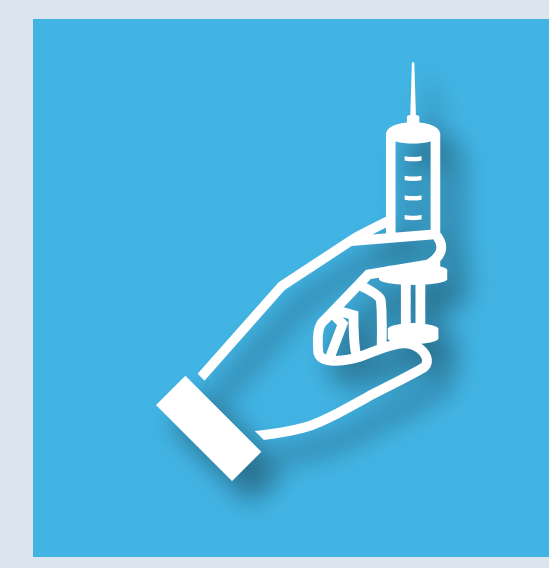
EAT HEALTHY, balanced meals to strengthen your immune system.



EXERCISE to boost immunity and speed recovery from illness.



STAY HOME for a full 24 hours after your fever is gone.



GET VACCINATED for protection against the flu.

EGG-FREE VACCINE UPDATE

People with egg allergy may receive any vaccine (egg-based or non-egg-based) that is otherwise appropriate for their age and health status. Beginning with the 2023-2024 season, additional safety measures are no longer recommended for flu vaccination of people who are allergic to eggs beyond those recommended for receipt of any vaccine, regardless of the severity of previous reaction to egg.

TAMIFLU®

People who contract the flu have only 48 hours or less to receive Tamiflu® to decrease the severity/duration of their illness. So it is important to seek testing and get diagnosed early. Talk to your doctor about the use of Tamiflu® as a preventive measure.

Source: Centers for Disease Control and Prevention (CDC)

* No U.S. effectiveness data since ingredients changed in the 2017-2018 flu season