

You can stop **INFLUENZA** before it knocks you flat

and others



Get vaccinated.

- ▶ Influenza is a highly contagious disease. Your flu vaccine helps protect you and others from getting influenza.
- ▶ Each year in the United States, flu and its complications kill over 36,000 people.
- ▶ Some people are at high risk for complications from the flu—people 65 and over, very young children, people with diabetes, heart disease, and other health problems, and pregnant women. If you are at high risk or are in close contact with someone at high risk, protect yourself and them by getting vaccinated.

