Flu viruses change, so you need to be vaccinated every year. According to the Centers for Disease Control and Prevention, “all persons aged 6 months and older should be vaccinated, with rare exceptions.” Because it could get ugly.

**THIS** is what happens when you don’t get a flu shot.

**DON’T CATCH THE FLU!**

1. Cover your nose and mouth. Cough or sneeze into a tissue, your shirt sleeve or elbow.

2. Wash your hands a lot with soap and water. Alcohol-based hand sanitizers are OK to use—soap and water is best.

3. Try not to touch your eyes, nose and mouth. Germs are spread this way.

**don’t get zombied by the flu.**

vaccine before Halloween!