

# THIS is what happens when you don't get a flu shot.



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.

**don't get zombied by the flu.  
vaccine before Halloween!**

## 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.