

FOCUS ON

FLU

FocusOnFlu.org

Protect yourself.
Get vaccinated.



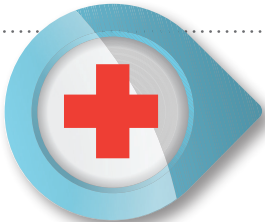
How a flu shot helps you and your loved ones

- Protects you against the three most common types of flu this year
- Helps you avoid 2-4 days in bed and 2 weeks' recovery
- Protects your children, parents and grandparents



What a flu shot does

- Can prevent serious flu complications like pneumonia, bronchitis and ear or sinus infections
- Protects people at high risk, like the seriously ill, people over 65, children under 6, and pregnant mothers



The truth behind flu vaccine myths

- You can't get flu from flu shots — they're made of killed virus particles
- Any flu-like side effects are mild, temporary and much less severe than flu itself
- Colds or respiratory illnesses that develop after a flu shot are not the flu



Why you need to be vaccinated soon

- You can catch the flu from someone else up to 2 weeks after you're vaccinated
- You're contagious 1-4 days before you notice flu symptoms
- You remain contagious 5-7 days after the symptoms begin
- The flu virus can travel 6 feet with every cough or sneeze



Why flu vaccine is safe

- Hundreds of millions of Americans have been safely vaccinated over the years
- The Centers for Disease Control and Prevention and the Food and Drug Administration monitor flu shot safety



What you can do to prevent spread of flu

- Wash your hands
- Get a flu shot!