

CHOOSING TO IMMUNIZE  
IS THE BEST WAY TO  
PROTECT YOURSELF AND  
EVERYONE AROUND YOU  
FROM DANGEROUS DISEASES  
ACROSS THE LIFESPAN.



**Prioritize  
Vaccination**



**Protect Your  
Loved Ones**



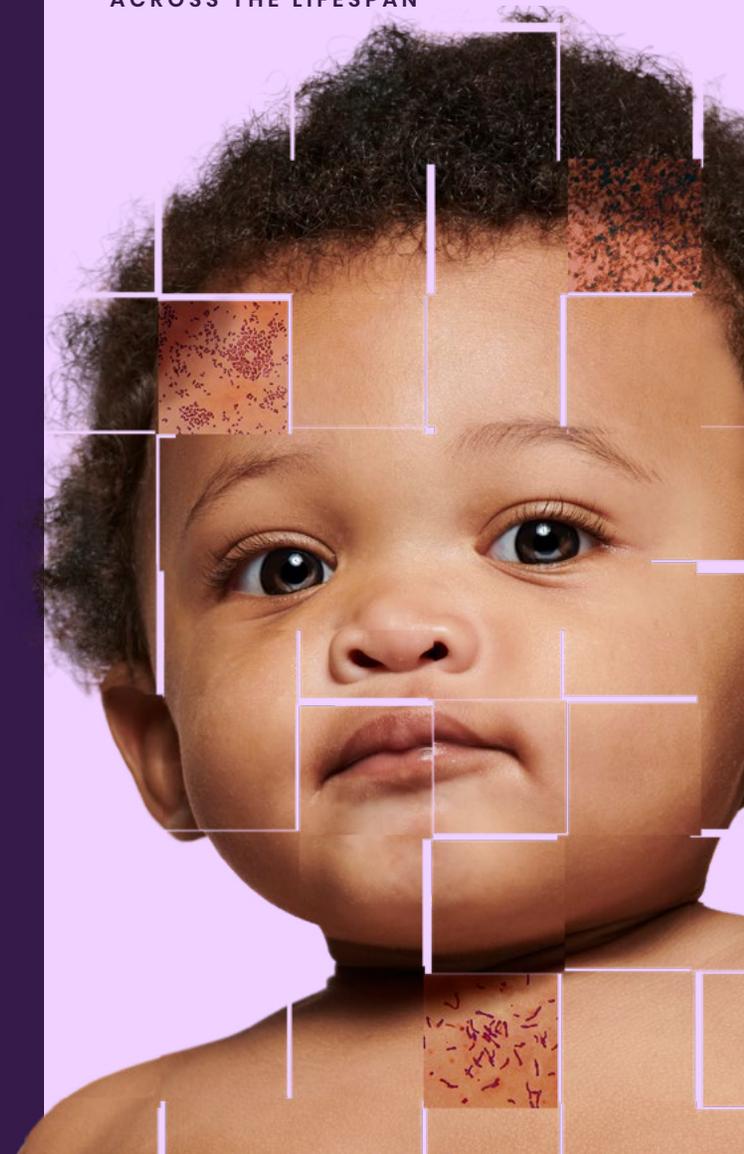
**Pass the  
Protection On**

**GET THE #VAXFACTS →**

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850-245-4342

# THE POWER TO PROTECT

PREVENT INFLUENZA (FLU)  
ACROSS THE LIFESPAN



# PROTECT YOURSELF. PROTECT YOUR FAMILY.

## How can I protect against the flu?

Vaccination is your best defense against the flu. CDC recommends that all people age 6 months and older receive an annual influenza vaccination. The best time to receive the vaccine is before flu activity begins, usually around late October, but it is still beneficial to receive the vaccine at any point during flu season.

### DID YOU KNOW?

**Flu is a highly contagious and can cause mild to severe complications including hospitalization and even death.**

## WHO SHOULD GET THE FLU VACCINE?

- Everyone over 6 months, once every year
- Children 6 months through 8 years may need 2 doses (at least 4 weeks apart)
- Older adults may get the regular flu shot or one of the high-dose vaccines approved for use in people 65 and older

### DID YOU KNOW?

**Flu vaccines prevented over 100,000 hospitalizations and 8,000 deaths during the 2017-2018 flu season.**

## POPULATIONS AT INCREASED RISK

Some people are at a higher risk for serious complications from the flu.

- Children 6 months - 5 years
- Pregnant women
- Older adults over 50 years of age
- Adults and children with certain underlying medical conditions, like heart disease and asthma

## IS THE FLU VACCINE SAFE?

Flu vaccines are made using strict safety and production measures. Millions of people, including pregnant women, have safely received flu vaccines for decades. Different types of flu vaccines are licensed for different ages and conditions. Talk to your doctor about the right flu vaccine for you and your family.

**The seasonal flu vaccine provides annual protection for everyone throughout the lifespan.**

**GET THE #VAXFACTS →**

