



FIGHT THE FLU

The flu (influenza) is a viral infection affecting the respiratory system. While most recover on their own, it can cause serious complications for some.



Why Get Vaccinated?

- Lower the risk of getting the flu & complications



When to Get Vaccinated?

- September or October or later in the flu season
- A yearly vaccination is needed to keep antibodies to protect from flu virus



How to Prevent the Flu

- Wash your hands, don't touch your face, cover cough/sneezes, clean surfaces, avoid crowds



Who Should Get Vaccinated?

- Young children, especially 12 months or less
- 65 yrs +, nursing home/long term residents, women planning to be pregnant/is pregnant/ gave birth during flu season



Where to Get Vaccinated?

- Doctor's office, pharmacies, health centers, vaccine clinics at school/work

LEARN MORE:

<https://www.mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/art-20048000>

North Country Community Health Services
www.ncchb.org 