



FIGHT THE FLU!

**GET a Flu Shot or
the FluMist**



**Flu Season is Coming!
Protect Yourself, Your Family, Friends and
Colleagues!**

Did you know that...more than 36,000 people in the U.S. die because of the flu? More people die from the flu or its complications than from any other vaccine-preventable disease.

YOU or someone you care about may need the flu vaccine!
WHEN should you get your flu vaccine?

Flu vaccine is recommended every year beginning in OCTOBER, NOVEMBER or LATER, especially for:

- People 50 years of age or older – even if healthy
- Children 6 months to under 5 years of age – even if healthy
- Household contacts and people who take care of children under 5 years of age
- Adults and children with a chronic health condition such as heart disease, lung disease, asthma, cancer, diabetes, kidney disease, HIV/AIDS and other immune disorders
- Women who will be pregnant during flu season
- Residents of nursing homes or other chronic care facilities
- Health care workers and providers
- People who live with or provide care for any of the people listed above
- ANYONE who would like to reduce the likelihood of becoming ill with the flu or transmitting the flu to others

The FluMist Nasal Spray flu vaccine is available for:

- 2-49 year olds (except pregnant women)

Get your flu shot or FluMist nasal spray vaccine!

Call your health care provider, visit a flu site location, or consult with your local pharmacy.

**For a listing of flu site locations near you, call
1-877-FLU-0202 (toll free) or visit www.sdchip.org**