

Get Your Flu Shot!

People at high risk for the flu:

- Young children
- People 65 and older
- Pregnant women
- People with certain health conditions such as heart, lung or kidney disease, nervous system disorders, or a weakened immune system.

Benefits of the flu vaccine

Flu vaccination is especially important for these people, and anyone in close contact with them. Flu can also lead to pneumonia, and make existing medical conditions worse. **Influenza vaccine** is the best protection against flu and its complications.

- Reduces the risk of getting the flu
- Reduces the severity of symptoms
- Reduces the risk of complications
- Reduces the risk of hospitalization and death
- Protects the health care system