

THE FLU VACCINE CAN SAVE YOUR LIFE!

THE INFLUENZA VIRUS ENTERS YOUR BODY THROUGH YOUR

- EYES
- NOSE
- MOUTH

IT'S **HIGHLY CONTAGIOUS!**

YOU CAN CATCH IT FROM INFECTED PEOPLE WHO COUGH, SNEEZE, OR EVEN JUST TALK AROUND YOU



THE FLU VIRUS ATTACKS THE LUNGS & CAN CAUSE DEATH, ESPECIALLY FOR THOSE OVER 65 OR THOSE PEOPLE WITH CHRONIC CONDITIONS

DEFEND YOURSELF!

LOWER YOUR CHANCE OF GETTING THE FLU OR OF GETTING SEVERELY SICK FROM IT

GET YOUR FLU SHOT EVERY YEAR



GET VACCINATED BETWEEN SEPTEMBER & OCTOBER TO PROTECT YOURSELF DURING FLU SEASON

IT PROTECTS YOU & THE PEOPLE IN YOUR LIFE



MYTH DEBUNKED:
THE FLU VACCINE **DOES NOT** GIVE YOU THE FLU, NOR DOES IT INCREASE YOUR RISK FOR GETTING SICK WITH OTHER RESPIRATORY ILLNESSES LIKE COVID-19.

ESPECIALLY IF YOU ARE OVER 65, LIVING OR WORKING IN CARE FACILITIES OR ARE LIVING WITH CHRONIC CONDITIONS, CANCER OR HEART DISEASE

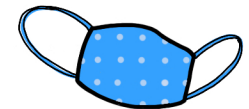
★ **STAY HOME** IF YOU SUSPECT YOU ARE SICK



★ **PRACTICE COUGH & SNEEZE ETIQUETTE**



EVEN IF YOU HAVE A MASK ON



★ **WEAR MASKS** OVER YOUR NOSE AND MOUTH

★ **EAT HEALTHY FOODS**

FRUITS AND VEGETABLES, ALONG WITH VITAMINS C, D & ZINC, HELPS BOOST YOUR BODY'S DEFENSE SYSTEM



★ **DRINK PLENTY OF FLUIDS** ESPECIALLY WATER



★ **EXERCISE & DO HOBBIES** IT LOWERS STRESS LEVELS

