

# Life IS a delicate balance



**Your flu vaccine protects me. My flu vaccine protects you.**

When you get your seasonal and H1N1 flu vaccines, you can keep yourself healthy **and** keep from spreading the flu. Protect the circle of life.

Find out more about seasonal and 2009 H1N1 flu vaccines.



FOR MORE INFORMATION  
**WWW.FLU.GOV**  
800-CDC-INFO

