They Count on YOU to Get an Influenza Vaccine Every Year

When you get the flu, you expose your family, patients and coworkers to infection. Studies show that most healthy adults can infect others with the flu up to 1 day before they start having symptoms. And once sick, they can infect others for up to 5 days. *That's why it's important for you to prevent the flu by getting your flu vaccine every year.*

Protect yourself. Protect your patients. Get *your* flu vaccine.

For more information about influenza and the influenza vaccine call 800-CDC-INFO (800-232-4636) or visit www.cdc.gov/flu

Department of Health and Human Services
Centers for Disease Control and Prevention

Protect yourself. Protect your patients.
Get Your Flu Vaccine!