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Even healthy kids of any age can get seriously sick from the flu, and they can spread it to family, friends and others.

Everyone 6 months of age and older should get a flu vaccine every year.

Get your kids vaccinated— call their doctor, nurse or clinic.

Spread popcorn. Not flu.

For more information, visit **http://www.flu.gov**

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention