



# Spread popcorn. Not flu.

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.**

For more information, visit:  
<http://www.cdc.gov/flu>



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