Protect the Circle of Life

Your Flu Vaccine Protects Me
My Flu Vaccine Protects You
Anyone can get the flu. Even you.

Native people are at high risk for serious flu complications. In fact, pneumonia and flu are a leading cause of death among Native elders.

But there is something you can do to prevent the spread of flu.

Please get a flu vaccine each year.

- Protect yourself
- Protect your family and children
- Protect your community

The flu vaccine is safe.

You can’t get the flu from a flu vaccine.

Check with your local Public Health Nurse (PHN), Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

Together, let's protect the circle of life. Call 1-800-CDC-INFO.