

Keep the Flu Away!

You know the drill: Wash your hands. Cover your coughs. Stay home when you're sick. But you can also keep yourself well during flu season by getting your annual flu shot, too.

The 6 Benefits of Flu Shots



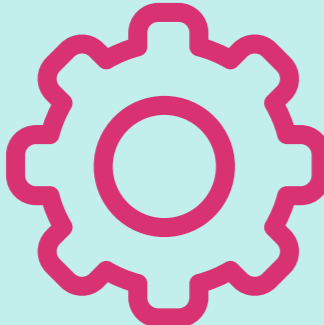
You Only Need One a Year

All it takes is one dose annually to keep you protected from the current season's active flu strains.



It's Safe

Most people have no complications or side effects from the flu vaccine.



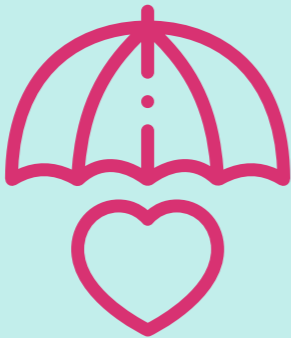
It Keeps You Working

When you're vaccinated, you're less likely to get ill. That means less time off work.



It's Easy to Get

You can get flu shots from your local pharmacy, doctor's office, and even at a workplace flu clinic! The flu shot is accessible in most communities by early fall.



Health Insurances Cover It

Insurance companies want you to stay healthy, especially in the flu season. Shots are considered preventative and often cost you nothing out of pocket.



You'll Stay Productive Through Flu Season

Studies show you can reduce the severity of the flu by getting vaccinated. That means you stay healthier through cold and flu season than those who don't get their shot!