



Older? Younger? Expecting?

Then you need a flu vaccine!

**Everyone 6 months of age and older should be vaccinated against the flu.
A flu vaccine will protect you against the three most common kinds of flu.**

Catching the flu can be particularly dangerous for:

- Children • The Elderly • Pregnant Women
- People with Chronic Health Conditions such as Asthma, Diabetes and Heart Disease •

If you're in one of these groups, it's especially important for you to be vaccinated this year.

The flu vaccine is safe — even for pregnant women and their unborn babies.

Call your doctor today to schedule your flu vaccine.

This good health message is brought to you by

