



BECOME A FLU BUSTER!

What is a Flu Buster?

A #FLUBUSTER is someone who protects themselves, their loved ones, and their community from the flu by getting vaccinated and encouraging others to do the same!

Who should get a flu shot?

The Centers for Disease Control and Prevention recommends an annual influenza vaccination for **EVERYONE** 6 months and older.

Do flu shots really work...?

In a typical flu season, the flu vaccine is up to 60% effective. Remember, the flu is a dangerous illness. People with a high risk of complications from the flu include those 65 years and older, children younger than 5 years, pregnant women, and people with chronic health conditions like asthma, diabetes, or heart disease.

Where & When to Get the Shot

Flu outbreaks begin in October, so get yours ASAP!
Most health care insurers cover - and encourage - getting the flu vaccine. To access the flu vaccine, call your primary care physician and request it. Or, visit vaccinefinder.org.