HAVE YOU GOTTEN YOUR FLU VACCINE?

IT'S NOT TOO LATE!

DECEMBER 8–14, 2013

IS NATIONAL INFLUENZA VACCINATION WEEK (NIVW)

www.cdc.gov/flu/nivw

Get your flu vaccine.

It's safe and your best protection against the flu.

A yearly flu vaccine is recommended for everyone 6 months and older.

Vaccination is especially important for protecting those at high risk for serious flu complications, including:

- young children
- pregnant women
- adults 65 years and older
- anyone with chronic health conditions like asthma, diabetes, and heart disease.

Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases

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