



HAVE YOU  
GOTTEN  
YOUR FLU  
VACCINE?

*IT'S NOT TOO LATE!*

**DECEMBER 7-13, 2014**

IS NATIONAL INFLUENZA VACCINATION WEEK (NIVW)

[www.cdc.gov/flu/nivw](http://www.cdc.gov/flu/nivw)

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.

**Get your flu vaccine.**

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



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