

Protect yourself. Protect those around you. Get your flu shot.

- Living in a place where many people share meals and common spaces can increase your chances of being exposed to the flu.
- Older adults are at higher risk for severe illness, hospitalization, and even death from flu.
- The flu shot helps lower your risk of flu and can help prevent serious complications if you become ill.
- When more of us are protected through vaccination, we all have a better chance to stay healthy and enjoy each day.
- Getting a flu shot is the best way to protect yourself and the people you live with.
- Talk to a member of your care team about getting your flu vaccine today.



It's a simple step that makes
a big difference.



Learn more on Influenza Basics
(www.health.state.mn.us/diseases/flu/basics)

