

To help prevent the spread of germs:

- **COVER
COUGHS &
SNEEZES**
- **WASH
YOUR HANDS
OFTEN**
- **AVOID
TOUCHING
EYES, NOSE &
MOUTH**
- **CLEAN
INFECTED
SURFACES**

After vaccination, it takes
ABOUT 2 WEEKS
for the antibodies to
develop in the body to protect
against the flu virus.



An annual
flu shot is the
**BEST
PROTECTION**
against the constantly
changing flu virus.

The Center for Disease
Control recommends
that everyone six
months and older get a
flu vaccine, especially
if you are:

- **PREGNANT**
- **A CHILD
< 5 YRS OLD**
- **65 YEARS
OLD +**
- **DIAGNOSED
WITH A
CHRONIC
MEDICAL
CONDITION**
- **LIVING
WITH OR
CARING FOR
OTHERS**



**YOU CANNOT GET
THE FLU FROM THE FLU
VACCINATION.**

During 2018-2019,
**FLU VACCINATION
PREVENTED AN
ESTIMATED 4.4 MILLION
INFLUENZA ILLNESSES.**



SOURCE: The Center for Disease Control

ECHN complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.
ATTENTION: if you speak English or any other language, language assistant services are available to you free of charge. Call 860.646.1222.