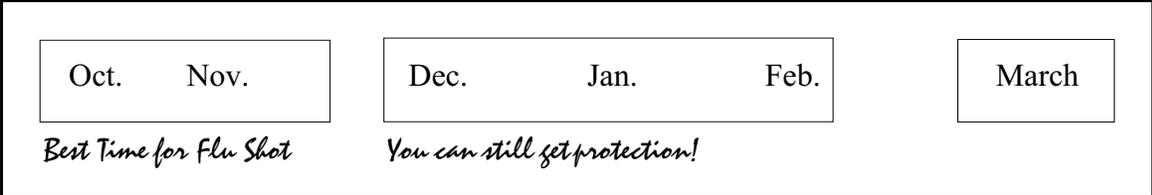


# The in**FLU**enza vaccine was delayed. But the flu is still coming.

## Flu Season



The vaccines are arriving a little late this year, but we'll have them in time for flu season. It's best to get your shot early—Oct. or Nov. But you can still get protection as late as *Feb.*

### The flu isn't the just the sniffles.

It's coughing. It's fever. It's aching. And it can lead to a serious infection in the lungs. If you're young and healthy, it'll probably just make your feel miserable. But if you're in a high risk-group, you could be in serious danger. The flu kills 20,000 people each year— most are over 65. The best protection you can get is the flu shot. Even with this protection, you could still get flu. But if you do, you will be far less sick than you would have been.

### Are you at *high-risk* of serious illness from the flu?

	YES	NO
• Are you 65 years old, or older?	_____	_____
• Will you be at least 6 months of pregnant during flu season?	_____	_____
• Do you have a long-term illness of the heart or lung, such as asthma?	_____	_____
• Do you have a long-term illness, such as diabetes, that keeps you from fighting infections?	_____	_____
• Are you between 6 months and 18 years old and getting long-term aspirin therapy?	_____	_____
• Do you live in an assisted living home or a retirement home?	_____	_____

If you checked YES to any of these, you need the flu shot *as soon as possible*. If you didn't, you still need protection. But, please, let those at high-risk have the first doses.

### Take Action!

Remind your health care provider to give you the shot. Don't wait to be told you need the protection.