It's Flu Season

Prevent the flu by getting vaccinated

What is the flu?

According to CDC, flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu <u>vaccine</u> each year.

Flu Symptoms

Fever/chills

Cough

Sore throat

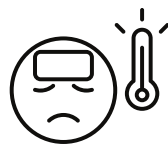Runny nose

Headache

Fatigue

Body aches

Flu Vaccine Can Help

Can keep you from getting sick with flu

Reduce flu-related hospitalization

Reduce severity if you get sick with flu

Reduce flu-related deaths

Get your flu vaccine TODAY!
Visit www.hvhdct.gov to schedule an appointment

HVHD
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