

# Don't wait to get your flu shot

The flu is a contagious respiratory disease that can lead to hospitalization and even death. It is important to do everything you can to keep yourself and your family healthy this flu season.



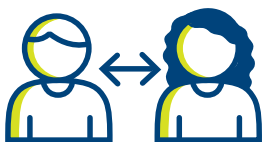
## Top ways to prevent the spread of flu:



Stay home if you are sick



Wash your hands often



Avoid close contact with others who are sick



Consider wearing a mask in public



Cover your mouth and nose when you cough or sneeze



**Get vaccinated**  
Everyone 6 months and older should get the flu vaccine annually

Flu season lasts from October to May.  
**Get your flu vaccine today!**

To get your flu shot, visit your local pharmacy, your doctor, or see if your employer offers flu vaccines. For more help, check out: [vaccines.gov](https://www.vaccines.gov)

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