

protect yourself

get the vaccine, not the flu

BE PREPARED!

Flu season in Oregon is from October to April.

Persons of any age with **CHRONIC DISEASES**, such as diabetes or asthma, or children under 5 years of age are at **HIGHER RISK** for complications **FROM THE FLU**.



The **BEST WAY TO PROTECT** children younger than 6 months of age **IS TO VACCINATE FAMILY** members who are older.

Every year an average of **450 OREGONIANS DIE BECAUSE OF INFLUENZA**. Fight the flu! Wash your hands. Avoid contact with people who are sick. Stay home when infected.

GET VACCINATED!

CLINIC LOCATION



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PERSONS AGES 65 AND OLDER are at **HIGHER RISK** than other age groups **FOR COMPLICATIONS** from the flu.



PERSONS WITH CHRONIC DISEASES, such as diabetes or asthma, **CAN SUFFER SERIOUS COMPLICATIONS** from catching the flu.

FLU VACCINE HELPS YOU AVOID THE FLU and spreading it to those close to you.

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CLINIC LOCATION



protect yourself
and those you care for

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BE PREPARED!

Flu season in Oregon is from October to April.

If you provide support or **HEALTH SERVICES**, or are a **CAREGIVER**, it's vital to **GET A FLU VACCINE**.



Don't get the flu. Don't spread the flu.

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protect yourself

be a flu-fighter

GET VACCINATED!

Flu season in Oregon is from October to April.

To **KNOCK THE VIRUS OUT**, wash your hands often with soap and water, **AVOID CLOSE CONTACT** with **PEOPLE WHO ARE SICK**, and don't touch your eyes, nose or mouth. You can **STOP GERMS FROM SPREADING**.



Don't get the flu.

Don't spread the flu.

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