



**Stay active; stay healthy! Older adults can avoid serious flu complications with an annual vaccine.**

# Vaccine Information

The Centers for Disease Control and Prevention (CDC) recommend an **annual flu vaccine** for everyone **aged six (6) months and older**, with very few exceptions.

Flu vaccines are widely available at **primary care offices, pharmacies, and health departments.**

Please call to confirm.

Those suffering with  
**chronic health  
conditions** are at risk for  
serious complications from  
the flu. An **annual flu shot**  
is a vital component in  
maintaining maximal  
health.



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A flu vaccine protects both an **expectant mother** and her **newborn**, who is otherwise ineligible for a flu shot until the age of six (6) months.



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**Young children are at greater risk for contracting the flu and suffering severe illness, making the vaccine especially important. Vaccines are available for those six (6) months of age and up.**



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