



CDC FLU FACT

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

#FIGHT FLU

www.cdc.gov/flu

The flu season is knocking on the door! Be proactive and protect yourself by getting the annual flu vaccine! Everyone who is 6 months of age and older should get vaccinated.

While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. In fact, the [Centers for Disease Control and Prevention](http://www.cdc.gov) recommends that people get vaccinated by the end of October, if possible. As you know, the flu vaccine can reduce flu illnesses, doctor's visits, missed work and school days, and prevent flu-related hospitalizations and deaths in children.

For the 2017-2018 season, CDC recommends use of the flu shot. The nasal spray flu vaccine, should not be used again during 2017-2018. The [2017-2018 influenza vaccination recommendations](https://www.cdc.gov/flu/professionals/acip/index.htm) (<https://www.cdc.gov/flu/professionals/acip/index.htm>) are available for your viewing.

