

# FLU SEASON 2021-22

## 3 STEPS TO FIGHT FLU

**Influenza (flu) can be a serious disease for everyone, including healthy children, pregnant people and adults. Although last flu season was mild, medical experts are worried that flu will spread along with COVID-19 this fall and winter. Follow these steps to stay healthy and #FightFlu!**

1

### Get yourself and your family vaccinated

Everyone 6 months & older should get a yearly flu vaccine, preferably by the end of October. Vaccination helps protect you & your family!

2

### Stop the spread of flu by practicing healthy habits

- Wash your hands frequently
- Cough or sneeze into your elbow
- Don't touch your eyes, nose or mouth
- Avoid close contact with sick people
- Stay home if you're sick

3

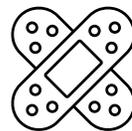
### Take antivirals if prescribed by your doctor

Sick with flu? Ask your doctor about antiviral medication that can lessen the length and severity of your flu infection if taken within 48 hours of when your symptoms start.



### DID YOU KNOW?

Aside from COVID, flu is the deadliest vaccine-preventable disease in the U.S.



### DOUBLE YOUR PROTECTION

You can get a flu vaccine and a COVID vaccine at the same time.



### FAST FLU FACT

Flu vaccination in children can be lifesaving. It reduces their risk of dying from flu by as much as 65%!



[vaccinateyourfamily.org/current-flu-season](https://vaccinateyourfamily.org/current-flu-season)