

DO YOU *KNOW* the Flu?

Here are three steps to take to help keep your family healthy this flu season . . .



The Flu is NO Fun

Know the Facts



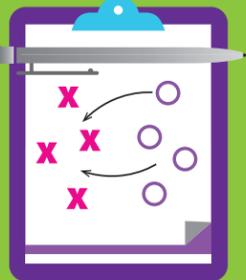
Flu is a highly-contagious disease that easily spreads via droplets created when someone coughs, sneezes, or talks.



Children have the highest rate of infection due to flu.



In the U.S., more than **1,650 children have died** due to the flu between 2004-2018.¹ Historically, 80-85% of flu deaths are in unvaccinated children.^{2,3}



Have a Flu Vaccination Game Plan



Annual flu vaccination for **everyone 6 months of age and older** is the best way to protect against the flu.



Make getting your annual flu vaccination a **FUN, family activity**.

HERE'S HOW:

#1 Get your family vaccinated... **TOGETHER.**

#2 Afterwards, enjoy a family activity, such as going to the movies or to your favorite restaurant.



Practice Healthy Habits, too



In addition to an annual flu vaccination, it's also important to remember to:

- Wash hands often
- Stay home if you don't feel well
- Avoid touching your eyes, nose, or mouth - germs spread this way
- Cough into elbows, not hands to avoid sharing germs
- Clean and disinfect surfaces at home, work, or school, especially when someone is sick



Getting your annual flu vaccination and practicing healthy habits protects you **AND** everyone around you, too!

Remember: It's Not 'JUST' the Flu – It's a Serious Disease!

For more information visit: www.familiesfightingflu.org

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