Once a year you need new school supplies.

Once a year you need a flu vaccine.

The flu changes from year to year, so if you got a vaccine last year, you still need to get vaccinated again this season. In fact, everyone 6 months and older should get a flu vaccine every year — even if you’re healthy, because the flu can be serious for healthy young people, too.

Get the vaccine. It’s the best way to prevent the flu.

www.familiesfightingflu.org