



CLAY COUNTY

PUBLIC HEALTH CENTER



WHY?

Getting your flu shot is the single best way to reduce the chance of getting the flu and being hospitalized. It also protects women during and after pregnancy and the people around you.



cases of the flu were reported in Clay County residents last flu season.



IS IT SAFE?

The flu shot is safe. The vaccine will not give you the flu. It is important to get your flu shot as soon as possible because it takes time for your body to build up immunity.

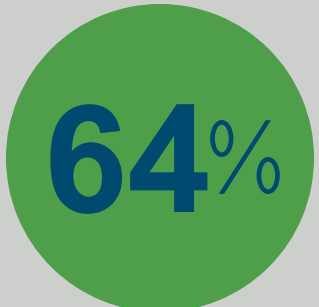


Fight the Flu in Clay County



WHEN & WHERE?

You should get the flu shot as soon as you can and no later than the end of October. It is offered at places such as doctor's offices, grocery stores, health departments, pharmacies, and by many employers.



of reported flu cases in Clay County last season did not get their flu shot. And even if you do get the flu...

WHO?

Anyone 6 months or older can receive the shot. It is very important for people who are at risk of serious complications from influenza to protect themselves.

Hospitalized flu patients who did not get their flu shot were 2-5 times more likely to die.



The flu shot reduced the risk of death by 65% in otherwise healthy children.