

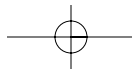
Take your best shot at the flu



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Getting an annual flu shot is your best defense against getting the flu.

Influenza, commonly known as the flu, is a serious disease, and people of any age can get it. The flu causes an average of 36,000 deaths annually in the United States, mostly among those aged 65 years or older, and more than 200,000 hospitalizations.*

The “flu season” is usually from November through April each year, so it’s best to get your vaccine in October or November. Once you get vaccinated, your body makes protective antibodies in about two weeks.

Aiming for better health this year? Don’t miss the shot so you can protect yourself against the flu.

**Source: Centers for Disease Control and Prevention*