

NATIONAL INFLUENZA VACCINATION WEEK

DECEMBER 5-11, 2010



Protect yourself and those you love against the flu—
GET VACCINATED!

Flu is serious, and your best protection against the flu is the flu vaccine.

Everyone 6 months of age and older should get a flu vaccine.

It's not too late to protect yourself and your loved ones.

There are two types of flu vaccine available: the **flu shot**, and the **nasal spray** flu vaccine.

For more information about influenza and the influenza vaccine, visit www.flu.gov, www.cdc.gov/flu, or call **800-CDC-INFO** (800-232-4636).



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention