

# Respiratory Virus Season is Here!

## You don't have to let the flu take over your household!

Get you and your children the flu vaccine to save frustration and worry this season.



### Did you know?

**The flu is very contagious**, especially in the fall and winter because we're spending more time inside.

**The flu can spread quickly**, especially in homes where one or more children attend daycare or school.

## Make a Vaccination Appointment Today!

Flu vaccines are recommended for everyone 6-months and older, every year, to better protect against new flu viruses!



## Fight the Flu with a Flu Vaccine!

The flu vaccine can make your child's illness milder and easier to manage if they do get sick!

### That means...

- > **Less days** away from school
- > **Less catch-up work** for your kids when they get back
- > **Missing fewer** days of work
- > **Less risk** of lost wages
- > **Reduced risk** for urgent and expensive childcare or medical care

**Vaccines help strengthen your child's overall immune system!**