



Fight the Flu!



IT'S NOT TOO LATE... Get Your Flu Shot or FluMist Nasal Spray Vaccine Now!

Protect Yourself, Your Family, Friends and Colleagues!

Did you know that...more than 36,000 people in the U.S. die because of the flu?
More people die from the flu or its complications than from any other
vaccine-preventable disease.

Flu vaccine is recommended every year, especially for:

- Children 6 months to under 5 years of age – even if healthy
- People with chronic conditions (heart disease, lung disease, asthma, cancer, diabetes, kidney or immune system disorders)
- Women who will be pregnant during flu season
- Healthcare Providers
- People who take care of or live with children under 5 or adults over 50
- Residents of nursing homes or other chronic care facilities
- People 50 years of age or older – even if healthy
- Family members or anyone in close contact with people at risk of flu complications

The FluMist Nasal Spray flu vaccine is available for:

- Healthy 2-49 year olds (except pregnant women)

*Get your flu shot or FluMist nasal spray vaccine!
Call your health care provider, visit a flu site location, or
consult with your local pharmacy.*

Keep in mind it is **NOT TOO LATE** to be vaccinated in **DECEMBER, JANUARY, FEBRUARY, or even later!** The flu season in San Diego often peaks in January or February.

For a listing of flu site locations near you, call
1-877-FLU-0202 (toll free) or visit www.sdchip.org