Protect yourself and those around you.

Last year’s flu season was highly severe:

80,000 flu-related deaths
900,000 hospitalizations

Only 2 in 5 children and adults in the U.S. got early-season shots in 2017

Everyone 6 months and older should get the vaccine.

The flu vaccine is crucial to protecting:

- Pregnant Women
- Seniors
- Children and infants
  - People with long-term health conditions (like heart disease or diabetes)
  - People who live with or care for those at high risk of flu complications

Antiviral drugs can fight flu illness:

- If you have the flu, ask your doctor if prescription antiviral medication is an option

- Mild aches and fever are your immune system protecting you

The flu shot does NOT give you the flu:

- Severe allergy to chicken eggs
- Severe reaction to a previous shot
- Severe reaction to a previous shot
- History of Guillain-Barre syndrome

Now you can communicate with your doctor about your flu symptoms without going to the clinic:

Providence MyChart: [https://mychart.or.providence.org/mychart/default.asp](https://mychart.or.providence.org/mychart/default.asp)

When the flu sneaks up on you, get same-day, walk-in care:

Providence Express Care
Find a location: [www.ProvidenceExpressCare/locations](http://www.ProvidenceExpressCare/locations)

The emergency department is only for severe injury and illness.