

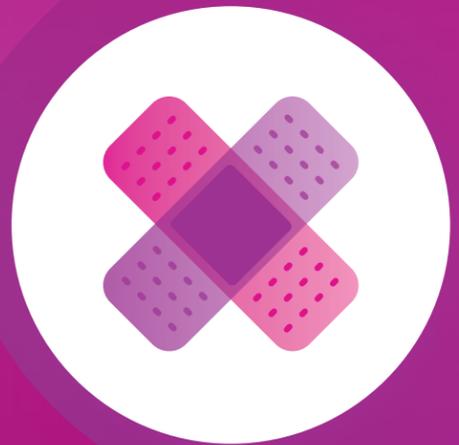
3 Steps to Fight Flu...

1 VACCINATE

The best protection is an annual flu vaccine for all people 6 months and older **every year**.

Flu is especially serious for:

- Children under 5, especially children under 2
- Pregnant people
- People 65+
- People with asthma, heart disease, or diabetes



2 TEST

Don't ignore symptoms - ask to get tested for flu. Flu symptoms can look like many other illnesses and testing is the only way to know for certain.

Knowing which virus is making you sick allows your healthcare provider to give you the best treatment.



3 TREAT

If you test positive for flu, antivirals can be prescribed to lessen symptoms and decrease the risk of flu hospitalizations and deaths.



People who get vaccinated may still get sick with flu, but are less likely to have a serious illness, hospitalization, or death.



To learn more, visit www.familiesfightingflu.org



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