

# DEFEND YOURSELF FROM THE FLU



## Consider the annual flu vaccine

The flu (influenza) is a contagious respiratory illness caused by influenza viruses. The flu vaccine helps reduce flu-related illnesses and the risk of serious flu complications such as hospitalization or death.

## Who should get the flu vaccine?

The Centers for Disease Control and Prevention (CDC) recommends that anyone 6 months or older get the flu vaccine. Pregnant women, adults 65 years or older, small children (6 months to 5 years), and people with chronic health conditions are at higher risk for developing serious flu complications.

Fewer than half of U.S adults and children have been vaccinated against flu in the past 12 months.

Source: [www.cdc.gov/flu/about/keyfacts.htm](http://www.cdc.gov/flu/about/keyfacts.htm)



## When should I get vaccinated?

CDC recommends that people who need only one dose of flu vaccine get it during September or October. However, vaccination after October can still protect you against flu during the current flu season.

Talk to your doctor about **scheduling your flu shot today.**



Physicians Caring for Texans

[texmed.org](http://texmed.org)

