Defend yourself. Get your flu shot now.

Get vaccinated to protect yourself and your family from respiratory illnesses this season.

Don't let the flu keep you away from time with family and friends, school and work. Get your shot.

! No need for several trips. You can get your flu and COVID shots at the same time.

The flu can be spread through coughing, sneezing or even talking with someone who is infected.

People are contagious before they show symptoms, which is why getting vaccinated is so important.

Those ages 5 and under, pregnant, over 65 or with a chronic medical condition (like diabetes or asthma) are at even higher risk of getting really sick from the flu.

The flu shot is available at pharmacies, doctors' offices, community clinics and local health departments.

Go to **MySpot.nc.gov** to learn more about how to protect yourself and your family.

Your health care provider is the best source for vaccine questions. Contact them directly.

NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES