

*If you work in a health care setting...*

# Get a Flu Shot!

**Or Nasal-Spray  
Vaccine**

## Protect Yourself

You are likely to be exposed to flu at work. If you don't get flu vaccine, you can catch the flu and end up very sick. The flu is a lot worse than a cold.

## Protect Your Family

You can spread the flu even before you feel sick. Your family and friends could become seriously ill, especially babies and older adults. Likewise, your family and friends could miss days of school or work.

## Protect Your Patients

You can also spread the flu to your patients. For some patients, flu can be a life threatening disease.

\* If you are under 50 and are not pregnant, you can get the nasal-spray vaccine instead of a shot. However, do not get the nasal-spray vaccine if you have a chronic disease like asthma or diabetes, or work in a hospital isolation unit.

Go to [www.immunizenc.com](http://www.immunizenc.com) to find flu vaccine in your area or check with your employer, local health department, or doctor.

## Have questions?

Visit [www.immunizenc.com](http://www.immunizenc.com) or call the Centers for Disease Control and Prevention Hotline:  
**1-800-CDC-INFO 1-800-232-4636.**

