



If you work in a health care setting . . .

# Get a Flu Vaccine!

## Protect Yourself

You are likely to be exposed to the flu at work. If you don't get a flu vaccine, you are more likely to catch the flu and miss several days of work.

## Protect Your Family

You can spread the flu even before you feel sick. Your family and friends could become seriously ill. The flu is especially hard on babies and older adults.

## Protect Your Residents

You can also spread the flu. For some, flu can be a life threatening disease. All health care workers should get vaccinated.

## 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**

