

**Protect Yourself!
Protect your community!**

**More than 36,000 people in the U.S.
die each year from flu and its complications.**



Flu shots are recommended in October or November every year, especially for:

- People 50 years of age or older—even if healthy
- Children 6 months-23 months old—even if healthy
- Household contacts and people who take care of infants from 0-23 months of age
- Women who will be pregnant during the flu season
- People with chronic diseases (heart disease, lung disease, asthma, cancer, diabetes, kidney or immune system disorders)
- Residents of nursing homes or other chronic care facilities
- Family members, physicians, nurses or anyone else coming in close contact with people at risk of serious influenza

People who want to reduce their chances of catching influenza can also get the shot.

For more information, ask your doctor.
For flu shot locations in San Diego County, contact

1-877-358-0202 (toll free)

www.sdchip.org



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