

Protect Yourself! Protect your community!

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

Fight the flu!



Get a flu shot!

*Flu vaccine is recommended every year beginning
in October or November, especially for:*

- People 50 years of age or older - even if healthy
- Children 6 months to under 5 years of age - even if healthy
- Household contacts and people who take care of children under 5 years of age
- Women who will be pregnant during the flu season
- People with chronic disease (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

The nasal spray flu vaccine is available for:

- Healthy 5 - 49 year olds (except pregnant women)

For more information, ask your health care provider.

*For flu vaccine locations in
San Diego County, contact:*

1-877-FLU-0202(toll free)
www.sdchip.org

CHIP Community Health Improvement Partners

Protect Yourself! Protect your community!

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

Fight the flu!



Get a flu shot!

*Flu vaccine is recommended every year beginning
in October or November, especially for:*

- People 50 years of age or older - even if healthy
- Children 6 months to under 5 years of age - even if healthy
- Household contacts and people who take care of children under 5 years of age
- Women who will be pregnant during the flu season
- People with chronic disease (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

The nasal spray flu vaccine is available for:

- Healthy 5 - 49 year olds (except pregnant women)

For more information, ask your health care provider.

*For flu vaccine locations in
San Diego County, contact:*

1-877-FLU-0202(toll free)
www.sdchip.org

CHIP Community Health Improvement Partners

Protect Yourself! Protect your community!

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

Fight the flu!



Get a flu shot!

*Flu vaccine is recommended every year beginning
in October or November, especially for:*

- People 50 years of age or older - even if healthy
- Children 6 months to under 5 years of age - even if healthy
- Household contacts and people who take care of children under 5 years of age
- Women who will be pregnant during the flu season
- People with chronic disease (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

The nasal spray flu vaccine is available for:

- Healthy 5 - 49 year olds (except pregnant women)

For more information, ask your health care provider.

*For flu vaccine locations in
San Diego County, contact:*

1-877-FLU-0202(toll free)
www.sdchip.org

CHIP Community Health Improvement Partners