

## 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

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