

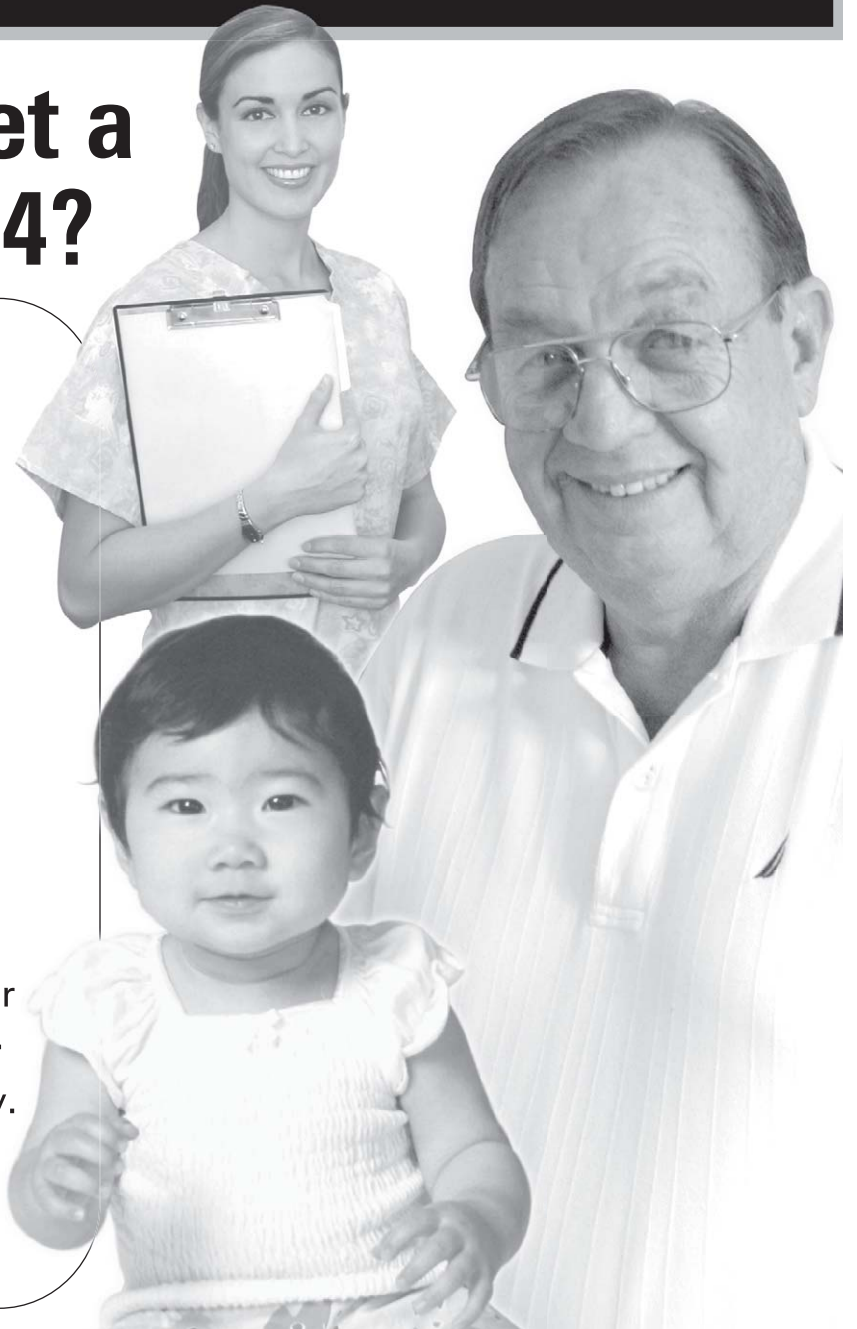
# Flu Shots

are for those who need them most!

## Who should get a flu shot in 2004?

- Adults 65 years and older.
- Individuals with asthma, diabetes and other chronic medical conditions.
- Health care workers directly caring for patients.
- Residents in nursing homes or long-term care facilities.
- All children aged 6 months to 23 months old.
- All women who will be pregnant during influenza season.
- Individuals who live with or care for infants younger than 6 months old.
- Children on chronic aspirin therapy.

**Due to limited vaccine supply, we can only give flu shots to individuals in these groups.**



## Other ways to protect yourself and family from the flu:

- Wash your hands.
- Cover your mouth and nose when coughing and sneezing.
- Stay home when you are sick.