

SPREAD HOLIDAY CHEER,

# not the flu!

A bad flu season combined with COVID-19 can put you, your loved ones, and the community at higher risk for illness.

Protect Yourself! Your Loved Ones! Your Community!

- ❄️ A flu vaccine is the best way to protect yourself from the flu
- ❄️ Everyone 6 months and older should get a flu vaccine
- ❄️ It's not too late to get a flu vaccine
- ❄️ Flu season is October - May



U.S. flu burden each year since 2010

\*Source: cdc.gov

Find **FREE flu vaccine locations** at [SanDiegoCounty.Gov/iz](https://www.sandiegocounty.gov/iz)

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