



**Some health risks are easy to see but not so easy to avoid.**

**Then there's the flu...hard to see but easy to avoid.**

*Reduce your risk...* **GET A FLU SHOT.**



*Stay Healthy this Fall.*

## **Get Your Flu Shot.**

Prevention is the best strategy when it comes to fighting the flu. Everyone six months and older should get a flu shot.

Why? The flu is preventable. You can protect yourself and others by taking the time to get immunized this year.

Visit [www.cdc.gov](http://www.cdc.gov) or [www.mpqhf.org](http://www.mpqhf.org) to learn more about the flu shot.