WHAT YOU NEED TO KNOW ABOUT THE FLU VIRUS AND PNEUMOCOCCAL BACTERIA

1. **Viruses change each year requiring a new vaccine to keep you from getting sick.**

2. **Viruses can be dangerous. The vaccine takes about two weeks to start working.**

3. **Certain people are at high risk and need the vaccine.**

   - **Children**
   - **If you are over 65 years old**
   - **If you have chronic health problems**
   - **Healthcare workers who can spread the germs**

4. **Flu shots best between October and February each year.**

5. **Pneumococcal shot anytime, even at the same time as the flu shot.**

6. **Do not take the shot for flu if you have reactions to eggs or certain type of illness.**

7. **Let your nurse know if you have trouble breathing, red spots on your skin, fast heart rate or dizziness.**

8. **If you ever have a serious reaction to a vaccine, the government has a program to pay for your care. 1-800-338-2382**

9. **For more info, see the vaccine information sheets provided to you.**

10. **You can also call the Centers for Disease Control at 1-800-232-4636**

Easy to spread germs

Babies & Children need it

Older folks need it