



FIGHT THE FLU

Get your flu shot!

The best way to protect yourself and others from the flu is to get the flu vaccine.

WHY SHOULD YOU GET A FLU SHOT?

Getting a flu vaccine will not only help you and those around you stay healthy, but will also help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

WHO SHOULD GET A FLU SHOT?

The flu vaccine is strongly recommended for everyone older than 6 months. People in these high risk groups should definitely get a flu vaccine: young children, pregnant women, people 65 years of age and up, & people with chronic health conditions.

WHEN SHOULD I GET A FLU SHOT?

It takes at least two weeks after getting the vaccine for your body to build up defenses against flu infection. That's why it is important to get the flu vaccine before flu begins spreading in your community. CDC recommends that people get a flu vaccine by the end of October.

For information on where to get your flu shot, you can visit [vaccinefinder.org](https://www.vaccinefinder.org), call the North Shore Health Department at 414-371-2980, or call your health care provider's office.



NORTH SHORE
HEALTH DEPARTMENT