

WHY YOU NEED A FLU VACCINE



Getting a flu vaccine can...



...prevent millions of illnesses and flu-related doctor's visits each year.

...help save medical resources for those who are suffering from COVID-19.



...help to protect you and those around you.



Everyone 6 months of age and older should get an annual flu vaccination, especially those who are at high-risk for severe complications from the flu, including:

- young children
- pregnant women
- people with certain chronic health conditions (e.g., asthma, diabetes, or heart disease)
- people 65 years and older

**YOU have the POWER to PROTECT against flu.
#FightTheFluNJ**

For more information, please visit:
www.nj.gov/health/cd/topics/flu.shtml

Source: [CDC Flu Vaccine Benefits](https://www.cdc.gov/flu/vaccine-benefits/)

