

Spread holiday cheer, not the FLU!

HOLIDAY CHECKLIST

candles

sparkling cider

wrapping paper

greeting cards

crib for baby Lucy

holiday music

scarf for great Grandma

sugar-free candy (uncle Bryan)

New Year's party hats

get a flu vaccine!

If you live with, visit with, or care for people at high risk for severe complications from **influenza**, you and those at high risk should **get vaccinated**. Groups at high risk include **infants, pregnant women**, kids and adults with chronic medical conditions like **asthma, diabetes, or heart disease**, and adults aged **65 and older**.

GET VACCINATED.



FOR MORE INFORMATION
800-CDC-INFO