

FLU AND YOUR TEEN

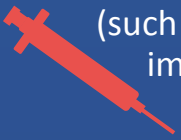
Find vaccines near you:
vaccine.healthmap.org

— KNOW THE RISKS —

**GET YOUR TEEN
VACCINATED
TODAY!**

VACCINE: THE BEST PREVENTION

The single best way to prevent the flu is to get vaccinated every year. While other preventative measures (such as hand washing) are important, the flu vaccine is your best bet.



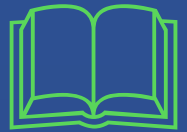
FLU SPREADS EASILY

Close contact such as in classrooms, sports events, assemblies, and club meetings make flu easy to spread at school.



IT CAN HAPPEN TO YOUR TEEN

Lack of sleep and busy schedules among other lifestyle factors can weaken immune systems, making teens vulnerable to flu. Their lifestyle puts them at unique risk.



YOU CAN AFFORD TO GET THEM VACCINATED

Most insurance plans cover the cost of flu vaccine. If you are not insured, your teen (through 18 years of age) can get the vaccine for free through the Vaccines for Children Program.



FLU IS SERIOUS

Even healthy teens get the flu and it can be very serious. Flu is not the common cold. Every year, healthy young teens become severely sick and some even die from the flu.



NO ONE HAS TIME TO GET SICK

Most teens who get the flu are sick for over a week. That's more than 7 days without class, sports, club practices, and social functions. They simply can't afford to get sick.



Call your healthcare provider today to schedule an immunization appointment!

KNOW THE RISK • KNOW THE FACTS • GET VACCINATED

There are other vaccines your teen may need to stay healthy, including HPV, Meningococcal, and Tdap. For more information talk to your healthcare provider.



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