



Protect you and your family by scheduling your

Flu Shot

Everyone 6 months or older should get an influenza vaccination.

Get vaccinated to:

- Help prevent you from getting the flu
- Keep you from spreading the flu to others
- Make your symptoms milder if you do get sick
- Prevent further complications, which may require hospitalization

The flu is a contagious respiratory illness caused by influenza viruses which infect the lungs, nose and throat. It can cause mild to severe illness and, in certain cases, can lead to death.



**Don't wait to get your influenza vaccine.
Find a location near you by visiting [MercyOne.org](https://www.MercyOne.org).**