

Hit the Mark with a Yearly Flu Shot



**Get the flu shot ...
but wait until after October 1!**

The flu is a contagious illness caused by flu viruses that infect the nose, throat, and lungs. EVERYONE is at risk for getting the flu!

- The best way to prevent the flu is to get a flu vaccine each year. The flu season can last into the spring, so getting your flu shot in October gives you the best protection for the whole season.
- Ask for the quadrivalent vaccine, which protects against an additional strain of the flu compared to the trivalent.
- **EVERYONE** needs to be vaccinated – to protect themselves, as well as their loved ones, coworkers and those around them!
- The flu can cause serious health problems especially in children younger than age 2, adults 65 and older, and adults and children who already have health conditions.
- Handwashing is extremely important! Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Make your plan **NOW** to protect yourself and others! Talk to your health care provider for more information and guidance.

**For resources and more information, visit the
Carroll County Health Department website at
cchd.maryland.gov/flu and Carroll Hospital's website at
CarrollHospitalCenter.org/seasonal-flu**



**Carroll County
Health Department**

