



**Share  
the Love**

**Not  
the Flu**

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!

Protect yourself, your loved ones and your community by getting the flu vaccine each year.

- EVERYONE 6 months and older needs to be vaccinated—to protect themselves as well as their loved ones, coworkers and those around them! You cannot get the flu from the flu vaccine.
- 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.
- The flu vaccine is changed each year to cover current strains, so it's important to get the vaccine EVERY year.
- Getting the flu vaccine can reduce flu illness and missed work and school due to flu. The vaccine has also been shown to reduce the risk of flu hospitalization and flu-related deaths in children.
- Ask for the quadrivalent vaccine, which protects against an additional strain of the flu compared to the trivalent.
- To prevent flu germs from spreading, wash your hands often with soap and water. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Make your plan to protect yourself and others! Talk to your health care provider for more information and guidance.



**CARE BRAVELY**

**Carroll County  
Health Department**



**Public Health**  
Prevent. Promote. Protect.



For resources and more information, visit the Carroll County Health Department website at [cchd.maryland.gov/flu](http://cchd.maryland.gov/flu) and Carroll Hospital's website at [CarrollHospitalCenter.org/seasonal-flu](http://CarrollHospitalCenter.org/seasonal-flu)