

Your Best Shot is the Flu Shot

The single best way to prevent seasonal flu is to get vaccinated each year



Other ways to help stop the spread of flu

- Avoid close contact with people who are sick
- Wash your hands often
- Stay home when you are sick
- Avoid touching your eyes, nose, and mouth
- Cover your nose and mouth with your elbow when you sneeze or cough



Everyone 6 months of age and older should get a flu vaccine every season, especially those at high risk

Contact Information

Schuyler County Public Health
106 S. Perry St.
Watkins Glen, NY 14891

www.schuylercounty.us/publichealth
www.facebook.com/SchuylerPublicHealth
www.twitter.com/SchuylerCoPH

(607) 535-8140



Working hand in hand with the community to prevent, promote and protect.

For more information visit

www.cdc.gov/flu

Already got your flu shot?

Share why you got it on social media with the hashtag #FightFluFLX

National Influenza Vaccination Week

December 3-9, 2017

Still need your flu shot?

Check with your medical provider or pharmacy

1- <http://www.cdc.gov/flu/about/disease/index.htm>
2- <http://www.immunize.org/photos/vaccination-photos.asp>