



### Your community's health is in your hands

- Talk to your friends and family about the benefits of flu vaccines.
- Follow these simple steps to stay healthy:
  - Wash your hands often with soap and warm water or hand sanitizer
  - Cover coughs and sneezes with a tissue or your sleeve
  - Avoid touching your eyes, nose and mouth
  - Avoid close contact with people who are sick
  - Eat well, exercise regularly, and get plenty of rest

To learn more, visit  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

If you don't have a regular healthcare provider, call 2-1-1 toll-free from any phone in L.A. County to find free or low-cost vaccinations near you.

10/12/2010

# Staying Healthy

Getting your flu vaccine helps  
prevent flu in your  
community



COUNTY OF LOS ANGELES  
**Public Health**

## Flu is a serious disease

- Flu can cause serious health problems that can lead to hospital stays or even death.



- Flu vaccines are recommended for everyone six months of age or older, including healthy adults. It's especially important to get a flu vaccine if you are:

- 6 months through 18 years old
- 50 years or older
- Pregnant or just had a baby
- Morbidly obese
- A healthcare provider
- Living in a nursing or long-term care home
- Living with a weakened immune system or chronic medical condition (like diabetes, heart disease, or lung disease)
- Living with or caring for someone
  - Under 5 years old
  - 50 years or older
  - With a chronic medical condition



## Vaccines protect everyone

- Vaccines prepare our bodies to fight against disease. Getting vaccinated is the best way to prevent the flu and keep from spreading it to others.
- Get your flu vaccine in nasal spray or injection form to protect yourself and your community from the flu.
- Get your flu vaccine if you're pregnant or breastfeeding because you can then give protection against flu (immunity) to your baby.



## Flu vaccines are safe

- Flu vaccines don't cause the flu.
- Both nasal spray and injection flu vaccines have to meet high levels of safety because they're given to millions of people each year.
- All flu vaccines are tested and tracked to assure quality, and monitor safety.
- Visit specific vaccine manufacturer websites for more vaccine information.