working for prevention

VAXSERVE®

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Millions of people get the flu every year[1]

The CDC advises annual flu vaccination for all eligible individuals 18 years and older and recommends shared clinical decision-making for pediatric patients 6 months and older.[2]

The American Academy of Pediatrics recommends flu vaccination for all children 6 months and older without medical contraindications.[3]

An infected person can easily spread the flu by droplets made when they cough, sneeze, or talk. Less likely, a person can also contract the flu by touching a contaminated surface and then touching their mouth, nose, or eyes.[4]

Vaccination is the key to flu prevention

Flu vaccination has been shown to reduce flu-related illnesses and the risk of serious flu complications.[5]

Did you know?

Not everyone with the flu will have a fever![6]

You may be spreading the flu even before you know you have it![4]

- Symptoms typically begin about two days after a person is infected. It is possible to spread the flu virus before showing symptoms.
- People with flu are the most contagious during the first three days of their illness.
- Young children and those with weakened immunity may be contagious longer.

Ask your
Health Care Professionals
about FLU
Vaccination today!

Help slow the spread of the flu[7]

- Stay away from people who are sick
- Cover your mouth when coughing or sneezing
- Wash your hands frequently

If you have the flu, you may feel some or all of these symptoms:[6]

Fever or Feeling Feverish/Chills

Sore Throat

Muscle or Body Aches

Cough

Runny or Stuffy Nose

Headaches

Fatigue (Tiredness)

Vomiting and Diarrhea (more common in children than adults)

You may be at higher risk if you are:[6]

- An adult **65 years** or older
- A person with certain **chronic conditions**, like asthma, diabetes, or heart disease.
- A child under **5 years** old

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7. Centers for Disease Control and Prevention. Preventing Seasonal Flu. Last Updated September 26, 2025. Accessed January 14, 2026. https://www.cdc.gov/flu/prevention/index.html

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