

Talk to Your Pharmacist Today About:

The Flu December

THAT'S MY
PHARMACISTSM

DID YOU KNOW?

- Flu season in the United States is October through May
- Peak infection is throughout February
- The flu virus changes every year
- Get the new flu vaccine each year to protect yourself and others
- It takes the body a few weeks to gain immunity against the flu

You can also prevent the flu by using the 4 Principles of Hand-Washing:

1. Wash your hands when they are dirty before eating
2. Do not cough into your hands
3. Do not sneeze into your hands
4. Above all, do not put your fingers in your eyes, nose or mouth

WHAT CAN YOU DO?

Ask your pharmacist about the flu shot and other ways you can prevent yourself from getting the flu



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