FLU SEASON ALERT:

Your Quick Guide to Staying Healthy!

Flu season is upon us, and it's time to get prepared! This isn't just a sniffle; the flu can be serious, leading to fever, aches, and even dangerous complications like pneumonia. Thousands end up hospitalized every year. Don't let the flu knock you down! Be proactive, protect yourself, and help keep those around you safe.

Key points to remember:

- Get Vaccinated! It's your BEST protection.
- Myth Buster: The shot won't give you the flu.
- Time is key: It takes about two weeks for full protection to kick in, so don't delay!
- Egg Allergy? No problem! There are options for you – just ask your provider.
- Who Needs It? Everyone 6 months and older! That's right, the CDC recommends it for practically everyone to protect our whole community.
- Extra Caution: If you're 65+, pregnant, have chronic health issues, or have young kids, your shot is even more vital.

READY TO FIGHT THE FLU? Schedule your flu shot today.
Stay well and stay safe!

Northwell Infection Prevention Team