

roll up your sleeve!

Flu season is almost here! Influenza, also known as the 'flu,' is a contagious illness caused by viruses and anyone can get it. The flu can be spread between people when coughing, sneezing, talking or just by touching something that has the flu virus on it. The flu can cause mild symptoms such as cough, sore throat and body aches or sometimes more serious complications, for example, pneumonia or bronchitis.

The flu shot is the best way to lower your chances of getting the flu and prevent spreading it to your family and friends.

You should receive your flu shot in the fall as soon as it is available.

Getting the vaccine each year gives you the best protection since the vaccine is updated every year to include those viruses that are most likely to cause illness.

Talk with your doctor if you have questions about whether the flu shot is right for you!

For more information, visit www.cdc.gov or www.cigna.com.

Visit your local King Soopers or Safeway Pharmacy to receive your free flu shot.



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