

Protect the Circle of Life



**Your Flu Vaccine Protects Me
My Flu Vaccine Protects You**



**Anyone can get the flu.
Even you.**



Native people are at high risk for serious flu complications. In fact, pneumonia and flu are a leading cause of death among Native elders.

But there is something you can do to prevent the spread of flu.

Please get a flu vaccine each year.

- Protect yourself
- Protect your family and children
- Protect your community

The flu vaccine is safe.

You can't get the flu from a flu vaccine.

Check with your local Public Health Nurse (PHN), Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

Together, let's protect the circle of life. Call 1-800-CDC-INFO.