

PROTECT YOURSELF AGAINST THE FLU!

**Now is the time
to get vaccinated
against the flu.**

**Read on for information
about the seasonal flu vaccine:**

- The Centers for Disease Control and Prevention (CDC) recommend that everyone 6 months of age and older should get a flu vaccine each year.
- The 2014-2015 flu vaccine is available in several forms, including intramuscular, intradermal and nasal spray vaccines.
- All vaccines will protect against both Type A strains of influenza (H1N1 and H3N2) and a Type B strain. Both trivalent (three component) and quadrivalent (four component) flu vaccines will be available during the 2014-2015 flu season; the quadrivalent vaccines will also protect against the additional Type B strain.
- Getting a flu vaccine will not make you sick, but you may have minor side effects that mirror flu symptoms, lasting one to two days.
- You should get the flu vaccine as soon as it is available in your area. However, if you haven't gotten vaccinated yet, it is not too late—influenza activity can continue even into May.

Provided by: M3 Insurance

3113 W. Beltline Hwy

Madison, WI 53713

Tel: 608-273-0655

