

# IT'S TIME TO GET YOUR FLU SHOT!



G6 Hospitality

GET YOURS TODAY: Take the time to protect yourself and your family.

## GET YOUR FLU SHOT TODAY AND KEEP THE VIRUS AWAY

- 1 CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses
- 2 Hospitals typically approach peak capacity during the flu season
- 3 Everyone 6 months or older should get an annual flu vaccine

## WHERE TO GET YOUR FLU SHOT

- Primary Care Physician
- Local participating pharmacy (Costco, CVS, Walmart, Walgreens, Kroger, Safeway/Thumb, etc.)

## WHAT DOES IT COST?

- FREE - If you have enrolled in Health Benefits from G6 Hospitality
- FREE - Many participating County Health Departments
- \$19.99 - Costco
- \$20 - \$50 at other locations without insurance

## BEST TIME TO GET YOUR FLU SHOT IS NOW: EARLY IN THE SEASON



It takes about 2 – 4 weeks after vaccination for antibodies that protect against the flu to develop in the body. Flu cases typically increase in October, peaking between December and February, and lasting as long as late May.

