

**FIGHT THE
FLU.**



CENTER FOR MULTICULTURAL HEALTH
FUNDED BY THE CENTER FOR DISEASE CONTROL



This Year getting your yearly flu shot is more important than ever. The flu can spread at the same time as COVID-19, contracting both at the same time can result in an extremely weakened immune system, and extreme complications.

Follow the Center for Multicultural Health for a list of sites offering free and low cost flu shots

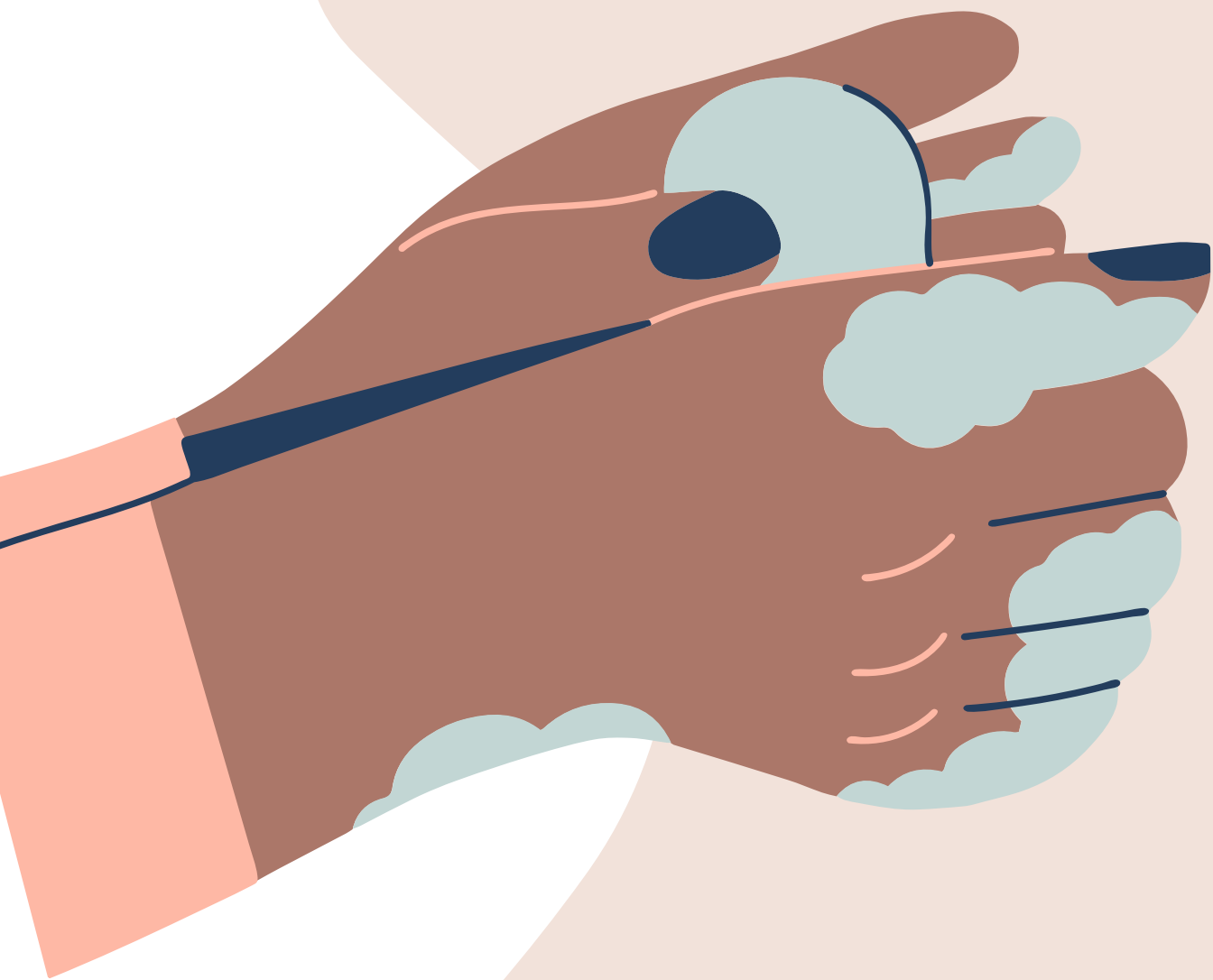
CENTER FOR MULTICULTURAL HEALTH
FUNDED BY THE CENTER FOR DISEASE CONTROL

**TRUTH:
THERE ARE MANY CLINICS,
AND PHARMACIES THAT
OFFER LOW-COST OR FREE
FLU SHOTS!**

**MYTH:
FLU SHOTS ARE
EXPENSIVE, AND HARD TO
GET WITHOUT INSURANCE
AND A PRIMARY PHYSICIAN**



STAY SAFE THIS WINTER



WASH YOUR HANDS FREQUENTLY

Wash hands with soap and water or sanitize hands with alcohol before wearing a face mask.

AVOID LARGE GATHERINGS

Follow state and local guidelines. Only leave home for essentials like food, work, and doctors visits.

WEAR A FACE COVERING

Ensure the nose, mouth, and chin are fully covered. There should be no gaps at the edges of the face mask.



GET YOUR FLU SHOT

visit our facebook page for a list of free sites. You dont need a primary care physician or insurance to get a flu shot.

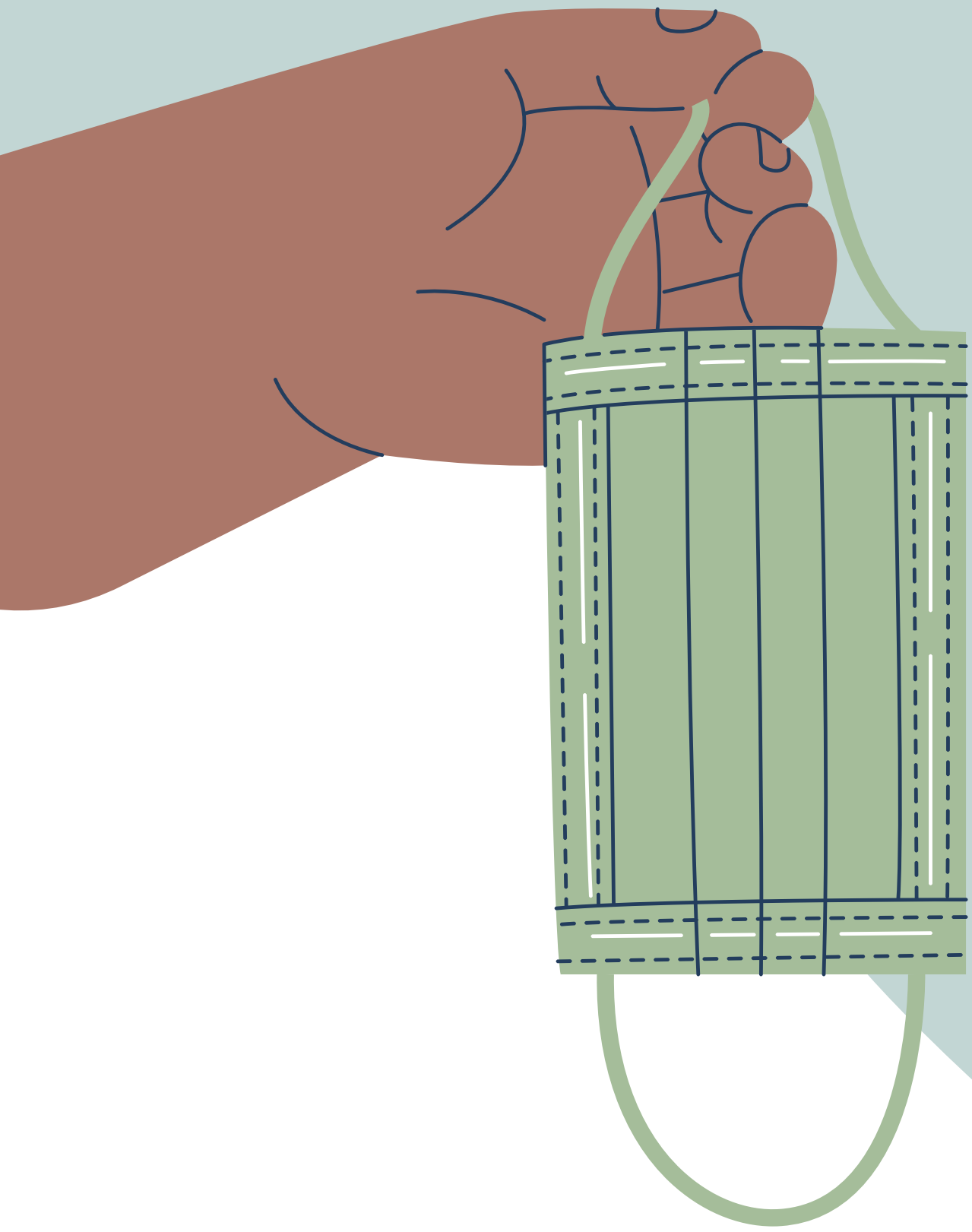


**TRUTH:
THE FLU SHOT DOESN'T
CONTAIN LIVE VIRUS. YOU
CAN'T GET THE FROM THE
FLU SHOT.**

**MYTH:
I CAN GET THE FLU
FROM THE FLU
SHOT.**



**PROTECT OUR
COMMUNITY.
FIGHT THE FLU!**



Wear a mask, get a flu shot. Protect our communities!

The flu shot is an affordable and safe way to protect you and your family.



DID YOU KNOW?

Alternative options are available for people who are allergic to the traditional flu shot.

Recombinant flu shots are produced using a method that does not require an egg-grown virus...

Vegan Options

Cell-Based flu vaccines are grown in cultured cells of mammalian origin instead of in hens' eggs.



**Getting the flu
shot can save
you money!**



**People of
color are more
likely to be
hospitalized
due to the flu.**



**Protect your
family and your
community! Get
your flu shot
today.**