

## **Did you know?**

**Everyone six months of age and older is recommended to receive an annual influenza (flu) vaccine.**

Getting a flu vaccination every year is the most effective way to protect yourself and others.

The best time to get the flu vaccination is before flu starts circulating in your community usually in September or October.

Talk to your health care provider about how you can stay up to date on your annual flu vaccination.

**For more information visit [Lung.org/flu](https://Lung.org/flu)**

