



ASTHMA

and Flu Shots

Stay Healthy

**Five points to remember when
flu season starts:**

1. Ask your doctor to give you a flu shot.
2. The flu is more dangerous to people with asthma.
3. Having a shot lowers your chance of getting a more serious illness.
4. Communities may offer free flu shot clinics.
5. Asthma can be managed.

A Message from the Maine Asthma Prevention
and Control Program.



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

www.mainepublichealth.gov