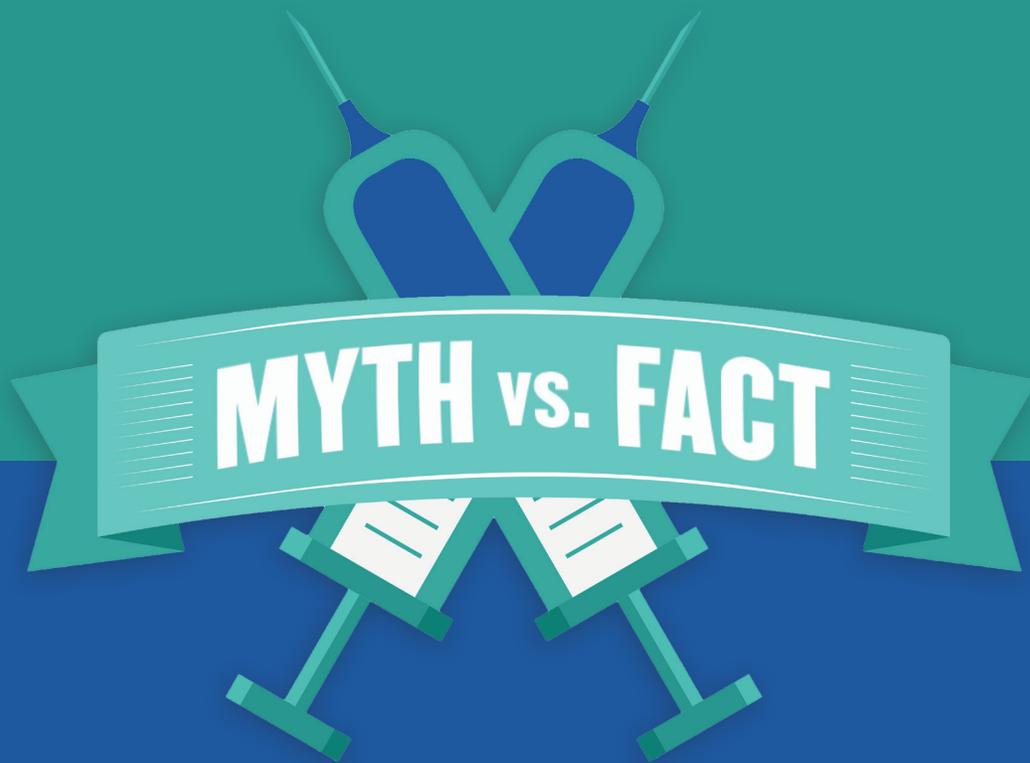


Myth: I am healthy, so I do not need a flu vaccine.



Fact: Even healthy people can get influenza (flu).

Not only can healthy people get influenza, they can spread the virus to others. Getting vaccinated protects the people around you, including those at high-risk for serious illness. CDC recommends everyone six months and older get vaccinated every influenza season.



Learn more at www.maine flu.gov and www.immunizeme.org