

# Poster and Fliers

**Reason enough to  
GET A FLU SHOT**

Even healthy people can get the flu, and it can be serious. Everyone 6 months and older should get a flu vaccine. This means you. This season, protect yourself and your family by getting a flu shot.

[www.scdhec.gov/flu](http://www.scdhec.gov/flu)  
800.868.0404

**D H E C**  
South Carolina Department of Health and Environmental Control

**protect yourself.  
protect your family.  
prevent the flu.**

Get a Flu Shot Poster - 20" x 14"

**questions & concerns**  
the flu & the flu shot

"I have heard a lot of things about the flu, but what exactly is it and why should I be so concerned?"

The flu is a serious illness, especially for young children, older adults, pregnant women and those with certain medical conditions who can become very ill if infected. These medical conditions include diabetes, heart disease, asthma, kidney disease, cancer and HIV/AIDS. Long-term care, even people otherwise healthy people have to be hospitalized. The greatest concern is that between 10,000-20,000 Americans die of the flu each year, depending on how severe the season is.

"I heard the flu shot gives you the flu or can make you sick. Is this true?"

Many people believe that the flu shot can give you the flu, but it doesn't. This is a very unlikely event that prevents far more people from getting the protection the vaccine provides. Flu vaccines help your body produce antibodies that protect you from influenza.

Some people do experience some minor side effects from the shot like redness, soreness or swelling where the shot was given, and/or a low-grade fever or aches. These side effects are generally mild and last only a day or two after the shot and should not be mistaken for the flu, which lasts longer and is more severe. Over the counter medications may relieve these discomforts.

"Needles really scare me. I just can't get the flu shot. Are there any ways I can still protect myself without getting the shot?"

Many people do not like needles. For some, there is another option. Vaccination with the nasal spray vaccine is an option for healthy people, ages 2 to 49 years, who are not pregnant, take your health care provider if it is right for you and healthy household members. No one likes getting a shot, but getting the flu vaccine can protect your health from the flu. Unfortunately, more than 90 percent from the shot still have to be taken after the flu or getting the flu.

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**protect yourself.  
protect your family.  
prevent the flu.**

Questions & Concerns  
The Flu and the Flu Shot  
8.5" x 11"

**Physical health is an important part of spiritual health.**

The U.S. Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get the flu vaccine every year. The vaccine will not give you the flu. It only helps prevent the illness.

The flu is a serious illness that cannot be cured with antibiotics.

If you or the members, there may be another vaccination option for you. Check with your health care provider for more information.

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protect your family.  
prevent the flu.**

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Office of Community Health

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South Carolina Department of Health and Environmental Control  
Office of Community Health

Church Bulletin Fliers  
8.5" x 11"  
3 per page

**NO FLU  
IN MY HOUSE**

The flu can make your children sick enough to miss school, activities, or even be hospitalized. Really, even healthy children can die from flu complications.

**protect yourself.  
protect your family.  
prevent the flu.**

[www.scdhec.gov/flu](http://www.scdhec.gov/flu)  
800.868.0404

**D H E C**  
South Carolina Department of Health and Environmental Control

No Flu in My House - AA  
8.5" x 11"

**NO FLU  
IN OUR HOUSE**

The flu can make your children sick enough to miss school, activities, or even be hospitalized. Really, even healthy children can die from flu complications.

**protect yourself.  
protect your family.  
prevent the flu.**

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**D H E C**  
South Carolina Department of Health and Environmental Control

No Flu in My House - H/L  
8.5" x 11"

**Shots aren't just for kids.**

Vaccines for adults can prevent serious diseases and even death. Ask your doctor about what immunizations you need. Because staying healthy at any age isn't kid stuff.

Vaccines can prevent influenza, pneumonia, hepatitis, tetanus, pertussis, and pneumococcal disease.

[www.scdhec.gov/flu](http://www.scdhec.gov/flu) • 800.868.0404

**D H E C**  
South Carolina Department of Health and Environmental Control

Shots for Adults  
8.5" x 11"

**Spread fun.  
Not Flu.**

Even healthy kids of any age can get seriously sick from the flu. And they can spread it to family, friends, and others.

Everyone 6 months of age and older should get a flu vaccine every year.

**THE FLU ENDS WITH US**

[www.scdhec.gov/flu](http://www.scdhec.gov/flu)  
800.868.0404

**D H E C**  
South Carolina Department of Health and Environmental Control

Spread fun. Not Flu.  
8.5" x 11"

**We're protecting our family**

The flu can make your children sick enough to miss school, activities, or even be hospitalized. Really, even healthy children can die from flu complications.

Reduce progress that 6 months can't be vaccinated against the flu, but they are at high risk for severe complications from the flu. They rely on you to protect them.

**protect yourself.  
protect your family.  
prevent the flu.**

[www.scdhec.gov/flu](http://www.scdhec.gov/flu)  
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**D H E C**  
South Carolina Department of Health and Environmental Control

Protect Our Family  
8.5" x 11"

**Flu can harm you and your baby.**

Vaccination can protect both pregnant mothers and their babies from flu and flu-related complications.

[www.scdhec.gov/flu](http://www.scdhec.gov/flu) • 800.868.0404

**D H E C**  
South Carolina Department of Health and Environmental Control

**protect yourself.  
protect your family.  
prevent the flu.**

Flu Can Harm Baby  
8.5" x 11"

**Are you at risk for serious complications from flu?**

If you have asthma, diabetes, heart disease, or certain other chronic medical conditions, you're at risk for complications that can lead to hospitalization and even death. Vaccination is your best protection against flu.

Get the facts. Get vaccinated.

**THE FLU ENDS WITH US**

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**D H E C**  
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Chronic Diseases  
8.5" x 11"

**"By protecting myself I am protecting her."**

If you're 65 years or older, getting a flu shot is the best way to protect yourself and most assured you from flu.

**THE FLU ENDS WITH US**

[www.scdhec.gov/flu](http://www.scdhec.gov/flu)  
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**D H E C**  
South Carolina Department of Health and Environmental Control

Protecting Granddaughter  
8.5" x 11"

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