



The flu shot is recommended for all adults aged 50 and older.

**“I feel great.
I take care of myself,
and I get a flu shot
every year.”**

The flu shot can:

- ✓ Protect you, your family, and your friends from the flu
- ✓ Prevent severe illness and even death

Ask about getting a flu shot today.

Get your flu shot here:

www.publichealth.va.gov/InfectionDontPassItOn

