

**It's time to
talk about flu!**

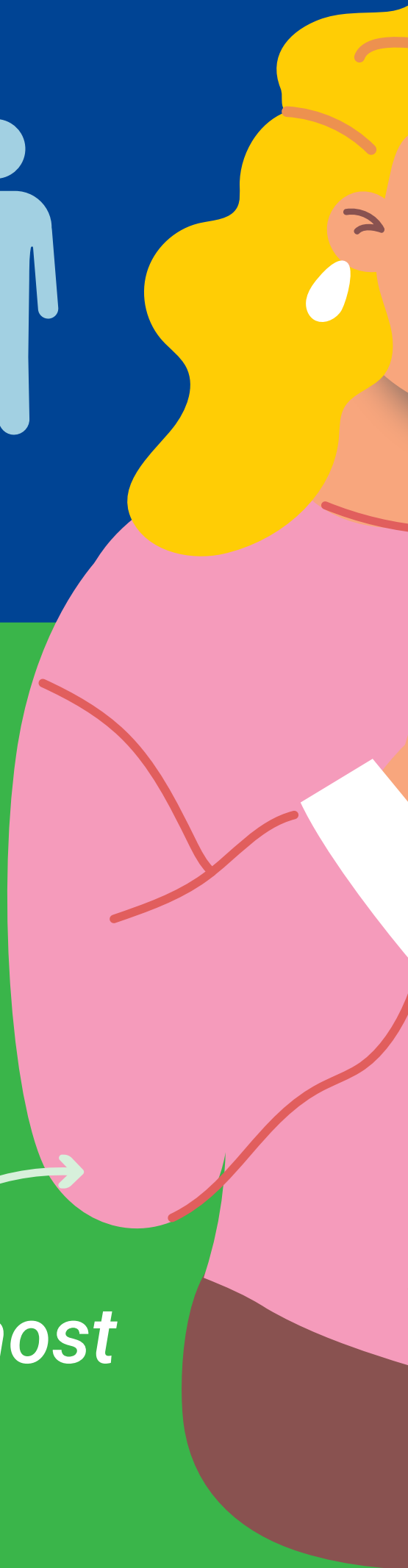
**Flu (influenza)
infects 1 in 5 of
us every year.**



**You can protect
yourself with
vaccination!**

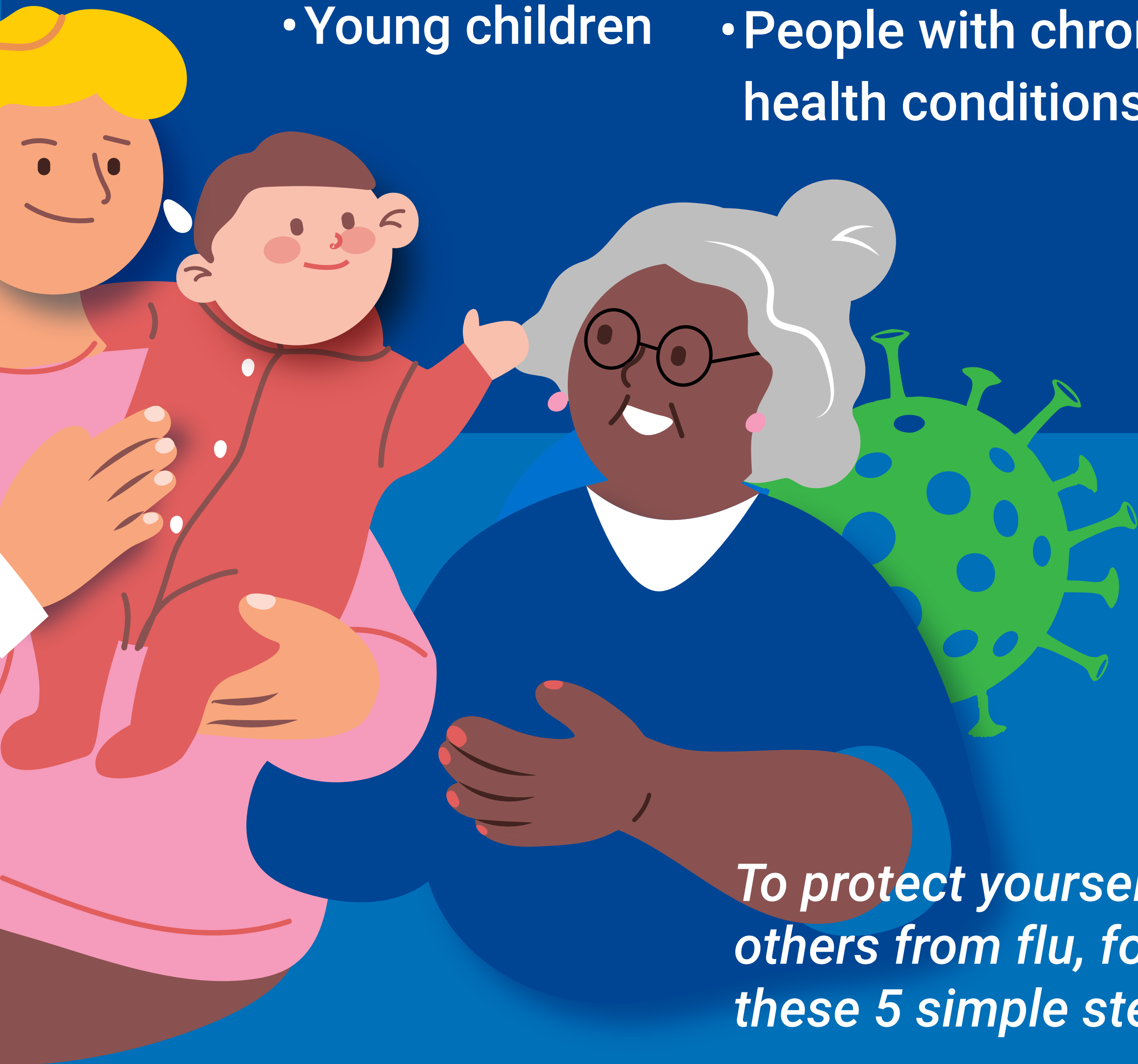


*Who is most
at risk?*



Flu (influenza) can cause severe complications for:

- Older people
- Pregnant women
- Young children
- People with chronic health conditions



To protect yourself and others from flu, follow these 5 simple steps:

Get vaccinated!



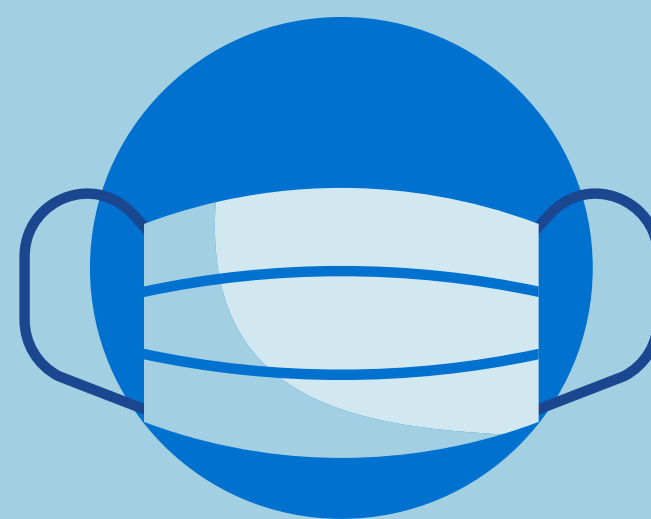
Cover your mouth and
nose when sneezing



Wash your
hands regularly



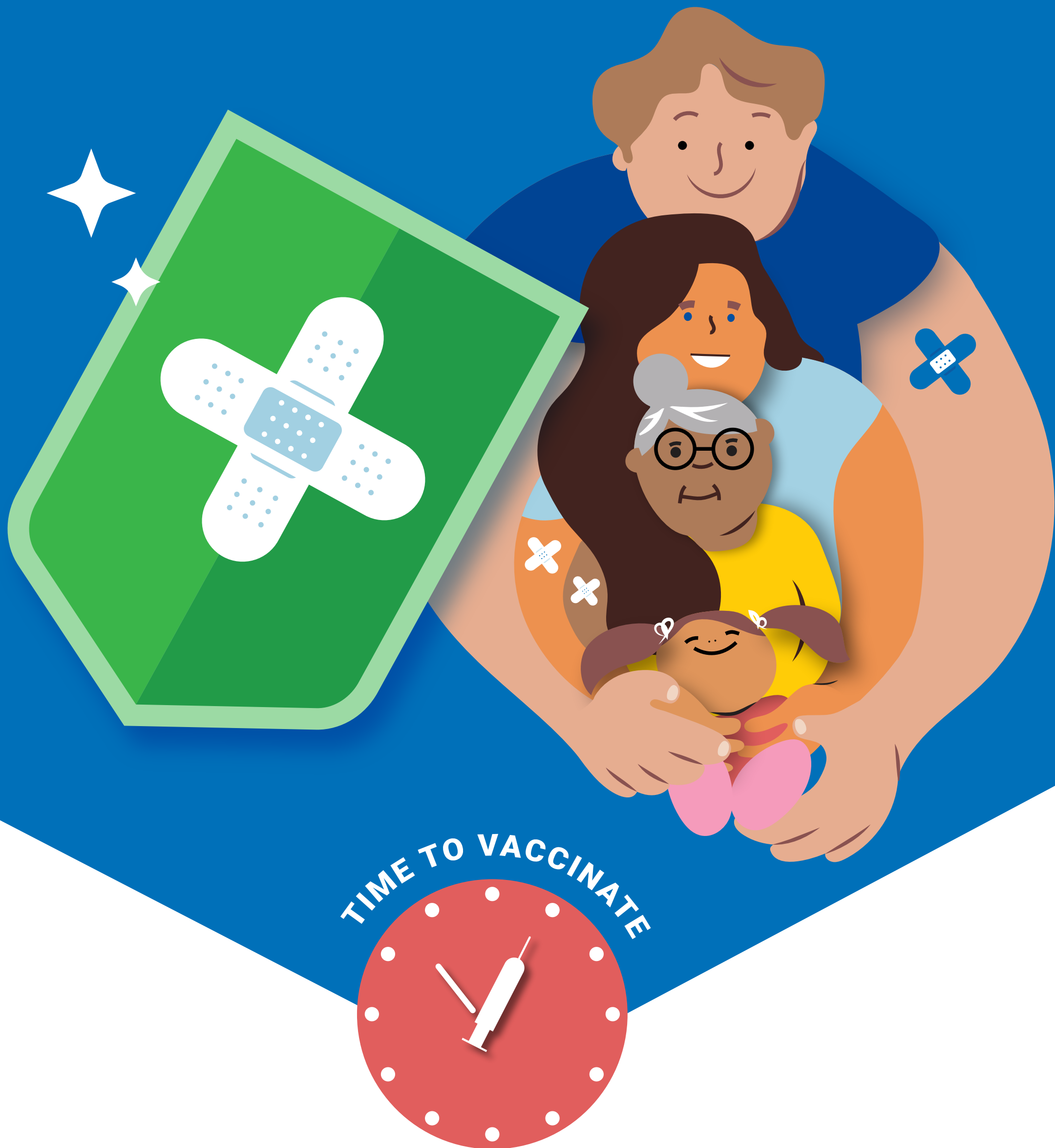
Stay home
when sick



Wear a mask if you
experience symptoms

*So don't wait -
book your flu vaccination!*

Find out more at:
vaccination-info.europa.eu/en



EUROPEAN VACCINATION
INFORMATION PORTAL
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