



Flu Vaccine 60 Sec PSA

It's that time of year again - a time for cooler weather, holiday gatherings, and the dreaded cold and flu season.

We might not all agree on a football team or which holiday meal is our favorite, but one thing we can agree on - is that nobody has time for the flu.

Every year in the United States, millions of people get the flu. The flu is a contagious illness and can easily be spread by sneezing and coughing. It can lead to hospitalization and sometimes even death. So make sure you are protected. Get your flu vaccine today!

Even healthy people can get sick from the flu and spread it to others. It doesn't take long to get a flu shot, and even though your arm might be a little sore afterward, most people don't have any negative reactions. And the myth about getting the flu from the vaccine is just that - a tall tale.

For more information about flu vaccines, visit Alabama- Public-Health-dot-gov. You can also visit vaccines.gov to find a location where you can get your vaccine.

alabamapublichealth.gov

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