



It's back-to-school time and time for your family's yearly flu shot

Here's why flu shots are important:

- They keep you and your family from getting the flu, or keep your symptoms less severe if you do get sick.
- By staying well, you protect the vulnerable people around you — babies, young children, pregnant women, the elderly — from catching the flu from you.

To learn more about the flu vaccine, visit [cdc.gov/flu/prevent/index.html](https://www.cdc.gov/flu/prevent/index.html)

Turn to Ascension primary care doctors for flu shots — and all your family's healthcare needs

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