2018/2019 Flu Season
“What You Need to Know”

Do not have a flu shot if:
✓ You have a fever
✓ You are ill
✓ You have had a serious reaction to a flu shot in the past
✓ You are allergic to eggs or egg products
✓ You have a history of Guillain-Barre Syndrome
✓ You are allergic to Thimerisol (preservative)

See your Health Care Provider for your Flu Immunization if:
✓ You are pregnant or think you may be pregnant
✓ You are a nursing mother
✓ You are under 18 years of age

This year’s flu strains are:
• an A/Michigan/45/2015 (H1N1)pdm09-like virus
• an A/Singapore/INFIMH-16-0019/2016 (H3N2)-like virus
• a B/Colorado/06/2017-like virus (B/Victoria/2/87 lineage)
• a B/Phuket/3073/2013-like virus (B/Yamagata/16/88 lineage)

**For more information on the flu and this year’s flu season log on to:
www.cdc.gov/flu

Note:
1. Please wear “short” sleeve shirt or blouse on the day of the shots.
2. The flu vaccine is made from a virus that is no longer active. Therefore, you cannot get the flu from a flu shot.