

Be a FLU FIGHTER

Getting your flu shot is the best defense against the flu

FIRST LADIES HEALTH DAY

Sunday, October 11 | 1 – 4 pm



Visit these locations to get
a flu shot at no cost to you:

New Prospect Baptist Church
1580 Summit Rd, 45237

Price Hill Recreation Center
959 Hawthorne Ave, 45205

South Avondale Elementary School
636 Prospect Pl, 45229

Winton Hills Academy
5300 Winneste Ave, 45232

Visit cincyfirstladiesforhealth.org for details.



GET THE FACTS. BE PREPARED.



Prepare for an unpredictable flu season

It's hard to predict what a given flu season is going to be like, which is even more reason to get the flu shot. Remember, just because you've never had the flu doesn't mean you won't get it. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources due to COVID-19.



Stay healthy — and help others do the same

The flu shot doesn't just help prevent influenza. It also keeps the flu from spreading. You can do this by making sure everyone in your "family circle" gets a flu shot each year.



Everyone young & old needs to get the shot

The Centers for Disease Control and Prevention recommends a flu shot for everyone 6 months and older. You should be vaccinated if you are a child or have children, if you're elderly, or if you have underlying health issues. But it's truly recommended that everyone gets vaccinated.



The vaccine won't give you the flu

One of the biggest reasons why some people won't get the flu shot is that they think the vaccine will give them the flu. Not so. The shot enables your body to develop special proteins that help you fight the flu. The shot is your best defense.

