

WHAT happens when people get the flu?

- Illness can start 1 to 4 days after exposure
- It can make other health problems worse, cause pneumonia, or lead to death (mostly in those 65 and older)
- People may be able to spread the flu to others 1 day before they feel sick and up to 5 days after getting sick

**Don't suffer from the flu.
Flu shots are fast, safe, and free.**

GET YOUR FLU SHOT HERE:



www.prevention.va.gov/flu

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