



The flu shot is  
recommended for all  
adults aged 50 and older.

**“I feel great.  
I take care of myself,  
and I get a flu shot  
*every year.*”**

**The flu shot can:**

- ✓ Protect you, your family, and your friends from the flu
- ✓ Prevent severe illness and even death

**Ask about getting a flu shot today.**

Get your flu shot here:

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[www.prevention.va.gov/flu/](http://www.prevention.va.gov/flu/)

