FLU AWARENESS FOR ALL



How do vaccines work?

1 What is a vaccine?

A vaccine is like a teacher that shows your body a small, harmless part of a germ (like a virus or bacteria). You learn how to fight that germ in case you come across it later.



2 What is the flu?

The flu is a sickness that spreads easily and makes your chest and throat feel bad. You might get a fever, cough, sore throat, achy muscles, and feel very tired.



3 Flu prevention

To prevent the flu, get a flu shot, wash your hands, cover your coughs and sneezes, stay away from sick people, and keep things clean.



4 Should you get the vaccine?

Get vaccinated to teach your body to fight germs and stay healthy. If you have questions, ask your doctor.



Thank you for doing your part!

Contact us with any questions at: tinyhealthtales@gmail.com



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