

TAKE 3 ACTIONS TO

FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



WWW.CDC.GOV/FLU

#FIGHT FLU



WHERE TO GET A FLU SHOT

- **Mayo Clinic - Arcadia** – 895 S. Dettloff Dr., Arcadia, WI 54612, (608) 892-9071
 - Appointment only. Call to schedule. Cost: \$43.00 without insurance. Most plans cover the flu vaccine in full. Please call your insurance company to ask if they cover the flu shot at Mayo Clinic.
- **Mayo Clinic - La Crosse** – 700 West Ave. S., La Crosse, WI 54601, (608) 785-0940
 - Appointment only. Call to schedule. Cost: \$43.00 without insurance. Most plans cover the flu vaccine in full. Please call your insurance company to ask if they cover the flu shot at Mayo Clinic.
- **St. Clare Health Mission** – 916 Ferry St. La Crosse, WI 54601, (608) 519-4633
 - **If you do not have insurance**, and cannot afford the flu vaccine, you can receive the flu vaccine for free at St. Clare Health Mission. Proof of income and ID required.
 - Walk-in Clinic: Tuesdays and Thursdays, 5:00 to 7:00 p.m.



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