



Avoid the Flu!



Does the flu shot prevent Bird Flu?

The flu shot helps protect against the flu that is going around right now, but it doesn't protect against Bird Flu. Getting the flu shot is important for farm workers because it can keep them from getting ill and spreading the flu to their families, the community, and the animals they work with. Staying healthy means people can keep working.

By controlling the seasonal flu we can lower the chances of people getting both the seasonal flu and Bird Flu at the same time, which is called co-infection. Co-infection increases the chances of creating new viruses that can spread to people.

Who should get the flu shot?

Everyone that is 6 months or older can get their flu shot.

When should I get the flu shot?


Get your flu shot annually. Try to get it before the flu season starts, like October or early November. Other times of the year are okay if you are not able to get it at that time.

Where can I get the flu shot?

You are able to get your flu shot at local pharmacies, clinics, and healthcare providers.

402-552-3394

go.unmc.edu/cs-cash/cs-cash-contact

 go.unmc.edu/cs-cash

UNMC College of Public Health
984388 Nebraska Medical Center
Omaha, NE 68198-4388



@unmccscash

Funding for this project provided by the Central States Center for Agricultural Safety and Health through NIOSH AFF Grant U54OH010162
5Z0Z1Z80