

Sample Messaging with Photos - Paste text and photos into Facebook, Twitter, and Websites

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients. If you haven't gotten your flu vaccine yet, get vaccinated now.

Flu Vaccine Protects Children

English: Flu vaccine is the best way to protect your child against flu and its potentially serious complications. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications.

What parents need to know about flu and flu vaccine:

www.LLHD.org <https://www.cdc.gov/flu/highrisk/parents.htm>

For more information contact Ledge Light Health District: 860-448-4883.

Spanish: La vacuna contra la influenza es la mejor manera de proteger a tu hijo contra esta enfermedad y sus complicaciones potencialmente graves. Los menores de 5 años, en especial los menores de 2, tienen un riesgo alto de presentar complicaciones graves relacionadas con la influenza. Qué deben saber los padres sobre la influenza y la vacuna contra la influenza: www.LLHD.org <https://espanol.cdc.gov/flu/highrisk/parents.htm>



Flu Vaccine Protects You and Your Family

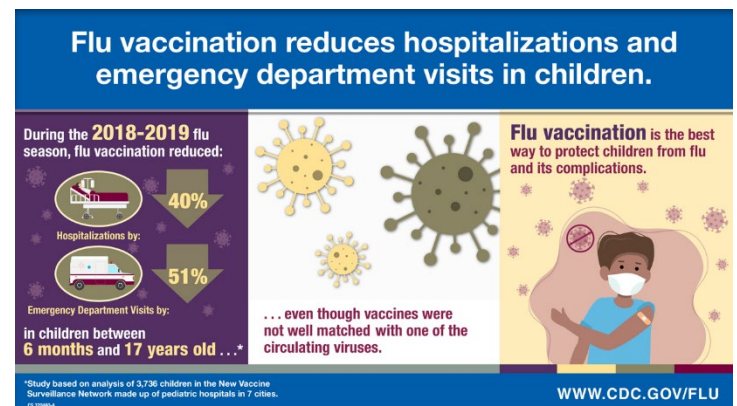
English: Flu vaccine is the best way to protect your child and family from potentially serious complications from flu. A new CDC study finds that among children ages 6 months through 17 years, flu vaccination reduced risk of being hospitalized for flu by 41% and risk of having a flu-related emergency department visit by half during the 2018-19 flu season. Schedule an appointment for your child's flu vaccine today. For more information - Ledge Light Health District:

www.LLHD.org 860-448-4883

Spanish: Todas las personas de 6 meses de vida o mayores deben vacunarse contra la influenza cada temporada. La vacuna contra la influenza puede reducir los casos, las visitas al médico, las hospitalizaciones y se ha demostrado que salva vidas. ¡Combate la influenza y vacúnate hoy! Infórmate más:

<https://espanol.cdc.gov/flu/prevent/vaccinations.htm>

Para más información – Ledge Light Health District:



Everyday Preventive Actions

English: The best way to prevent flu is to get vaccinated, but healthy habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. Learn more about how healthy habits help prevent flu:

<https://www.cdc.gov/flu/about/disease/spread.htm>

Spanish: La mejor manera de prevenir la influenza es vacunarse, pero los hábitos saludables como cubrirse la nariz y la boca al toser y lavarse las manos a menudo pueden ayudar a detener la propagación de microbios y prevenir enfermedades respiratorias como la influenza. Infórmate más sobre cómo los hábitos saludables ayudan a prevenir la influenza:

<https://espanol.cdc.gov/flu/about/disease/spread.htm>

