



Avoid the Flu!



University of Nebraska
Medical Center

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 help keep them from getting really sick and spreading the flu to their families, the community, and the animals they work with. Staying healthy means they can keep working and not pass the flu to the animals.

By controlling the regular flu, we can lower the chances of people getting both the regular flu and bird flu at the same time. This helps reduce the risk of bird flu making people sick.

Who should get the flu shot?


Everyone that is 6 months or older can get their flu shot to reduce their risk of catching the flu, as well as hospitalization and severe complications if they were to catch the flu.

When should I get the flu shot?

Get your flu shot annually. Try to get it before the flu season starts. Aim for October or early November.

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
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