

# You don't have ***time*** for the flu.



**You don't have time to get sick!** By getting your flu vaccine, you can help prevent yourself from getting sick from the flu. You can also decrease your chance of spreading the flu to others.

Everyone **6 months and older** can get the flu vaccine, unless their doctor recommends otherwise. Those under age 19 need to get the flu vaccine at their doctor's office.

### **Health and wellness reward!**

Children 7-24 months old who get their two flu vaccine doses between September and May will be entered into a monthly raffle for a **\$100 Target gift card!**



**Alliance members can get a flu vaccine at no cost.** Make a flu vaccine appointment or get a flu vaccine at a walk-in location **today!**

For more information, visit **[www.thealliance.health/flu](http://www.thealliance.health/flu)** or use your smartphone's camera to scan the QR code.



**HEALTHY PEOPLE. HEALTHY COMMUNITIES.**

[www.thealliance.health](http://www.thealliance.health)