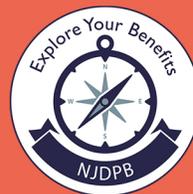




# Protect Yourself From The Flu

It's time to schedule your flu shot. Paladina Health recommends that everyone six months and older get an annual flu vaccine.



## Why you need a flu shot

The flu vaccine:

- **Reduces flu illnesses**, hospitalization and death in children.
- **Is a preventive tool** for people with chronic health conditions.
- **Protects pregnant women** from flu illness and hospitalization (and protects the baby from flu infection for several months after birth, before they can be vaccinated).
- **Can decrease illness severity.**
- **NEVER gives you the flu** (flu shots do not contain any live/active viruses).

## Why Paladina Health is the place to go for flu vaccines for the entire family

- **It's safe and private.** There's no need to venture into a crowded grocery store or walk-in clinic for your vaccination. Our clinics are clean, safe, welcoming environments for you and your children.
- **It's free to you — covered by your employer, State of New Jersey.** Paladina Health flu vaccines and other healthcare services are a great benefit available to you and your family at no cost.
- **It's convenient.** Flu shots are by appointment at your convenience including early morning, evening and Saturdays.

### Symptoms

#### COVID-19



Fever or chills



Cough



New loss of taste or smell



Shortness of breath

VS

#### Flu



Fever or chills



Cough



Sore throat



Body aches

Call Paladina Health to make your appointment today!

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