



## FLU VIRUSES CHANGE QUICKLY

If someone gets two types of flu at once, like seasonal flu and bird flu (avian influenza) or flu from pigs (variant flu), the viruses can mix. This can create a new flu, potentially making the person very sick.

### THE FLU SHOT HELPS STOP THE MIXING OF VIRUSES

The flu shot protects against seasonal flu and reduces the risk of severe illness. It also helps prevent different types of flu from mixing, which could lead to a new flu. There would be no shot for this new “mixed” flu and no one would have immunity against it, making it able to spread quickly.

### EVERYONE SHOULD GET THE FLU SHOT, ESPECIALLY THOSE WHO WORK WITH BIRDS, DAIRY COWS, AND PIGS

Everyone 6 months and older should get a flu shot each year. It’s especially important for people who work with birds, dairy cows, or pigs. These individuals are at higher risk of being exposed to bird flu or flu viruses that circulate among pigs.

### SOME PEOPLE ARE MORE AT RISK

It’s important for these people, and anyone around them, to get a flu shot.

The groups who have a greater risk for getting seriously sick from the flu include:

- [Pregnant or nursing](#)
- [Over 65 years old](#)
- [Children](#)
- [Anyone with a chronic health condition like asthma, heart disease, diabetes, or kidney disease](#)

### WHERE TO GET VACCINATED

Flu shots [are available](#) at your pharmacist, doctor’s office, or for those who are underinsured or without insurance, at a [health center](#) near you.

 Call **877-PA-HEALTH** to find a center near you.



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