

# Life IS a delicate balance



**Your flu vaccine protects me. My flu vaccine protects you.**

When you get your flu vaccine, you can keep yourself healthy **and** keep from spreading the flu. Protect the circle of life.

For more information, visit

<http://www.flu.gov> or <http://www.cdc.gov/flu>



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

