



It's not too late to get your flu vaccine.

Most years, flu activity peaks **between December and February**. Getting the flu vaccine is the best way to protect yourself from getting sick. 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!

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. You can get the flu vaccine and the COVID-19 vaccine at the same time.

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!**

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



HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.thealliance.health

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