

If you take care of children...

Protect against flu and whooping cough



Child Care Providers Need:

- ✓ **flu vaccine — every year**
- ✓ **Tdap — now** to protect against whooping cough. Get additional boosters later.

Protect Yourself

Child care providers can catch all sorts of infections. By getting immunized, you can prevent most cases of some serious diseases, like flu and whooping cough.

Protect Our Children

You can spread the flu and whooping cough to the children you care for even before you feel sick. Children can become seriously ill from these diseases.

Avoid Missing Work

If you get sick, you can miss weeks of work. Vaccines are safe and help you stay healthy. And, *you can't get the flu from a flu shot.*

Kids, parents, and coworkers count on you to get your shots.

Have Questions?

Talk to your doctor about any other vaccines you may need.

Vaccinations are available at Riverside County Family Care Centers. Please call 1-800-720-9553 for locations and information.

