

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.

