



Improving lives THROUGH supports and services
THAT FOSTER self-determination.

12/2/19

Flu Prevention

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

[Click](#) for more information about Flu Prevention.

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH