

Overweight?

Extra Weight = Extra Risk for Flu Complications



Are you overweight? Hoping to lose weight?

Did you know that being overweight or obese increases your chance of serious complications from the flu?

In the 2010-11 flu season, 80% of adults in LA that died from flu-related complications were overweight or obese.

Don't be a statistic.

Make flu vaccination your first step to good health.

Get vaccinated!

If you don't have a regular health care provider, call 2-1-1 or visit www.publichealth.lacounty.gov to find free or low-cost vaccinations near you.