



# If your job is protecting and helping others, your first job is to protect yourself.

**As an EMS, first responder or healthcare worker,  
people are depending on you.**

So this flu season, make sure they can, by getting your seasonal flu shot right now. The shot will keep you protected and prevent you from carrying the viruses, so the only thing you give your patients is the care they deserve.

For more information, ask your health care provider or pharmacist, call 2-1-1 or visit [www.ldh.la.gov/FightTheFlu](http://www.ldh.la.gov/FightTheFlu).

