

# You provide for your family. You can protect them too. Get your flu shot.

It's always a good idea to get a seasonal flu vaccine, but this year it is even more important for farmworkers and others who work with poultry flocks and dairy herds.

Flu viruses can be shared between people and some animals, and we can get sick with more than one flu virus at a time. When that happens, the different flu viruses can combine into a new virus. That new virus can make us, and our flocks and herds, very sick. Find out more about where to get vaccinated:

[health.state.mn.us/people/immunize/basics/vaxfinder.html](https://health.state.mn.us/people/immunize/basics/vaxfinder.html)

