



The Flu season is coming this Fall. The flu (Influenza) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Some people, such as people 65 years and older, young children, and people with certain health conditions, are at higher risk of serious flu complications.



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There are two main types of influenza (flu) viruses: types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year. The best way to reduce their risk of flu and its potentially serious complications is by getting vaccinated each year. Help protect yourself and your loved ones from the flu.

Flu vaccination is especially important if you are at a higher risk of developing serious flu complications. You reduce your risk of getting sick, possibly being hospitalized, or dying from the flu when you get vaccinated.

Learn more at [www.cdc.gov/flu](http://www.cdc.gov/flu)

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# CLEAN AIR IS FAIR



## FACT

4 In 10 adults in South Carolina are deprived of the right to breathe clean air in public places

### WHAT YOU SHOULD KNOW:

- Clean air protects health
- Clean air is free of both secondhand smoke and vaping
- Clean air keeps congregational members and communities healthy
- Clean air reduces youth exposure to tobacco use

## WHO'S MOST AFFECTED?

- Older Adults, Babies and Children
- People who have:
  - Asthma
  - Heart Disease
  - COPD (A Long-Term Lung Disease)



## WHAT CAN YOU DO

- Be a positive voice for change. Advocate for a tobacco-free environment.
- Share the good news about the SC Tobacco Quitline (1-800-QUIT-NOW).

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**Hold Out the Lifeline: A Mission To Families**  
*Each One Can Reach One*

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