

Just Say No — to mercury.

If you choose to vaccinate for the flu, ask for a mercury-free single-dose shot.

**40% of flu vaccines in
WA State contain
MERCURY —
if you choose to
vaccinate, make sure
yours doesn't!**

There is no safe level of mercury. It's toxic to the brain, the kidneys, and the immune system. Every exposure adds to brain accumulation. Protect your health, and your child's health.

Just Say No to Mercury!

• **informedchoicewa.org** •