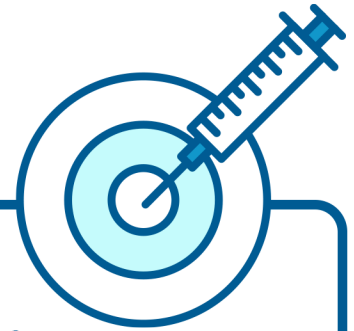


FIGHT THE FLU

GETTING A FLU SHOT IS MORE IMPORTANT THAN EVER



The Centers for Disease Control and Prevention (CDC) believes that flu viruses and the virus that causes COVID-19 will both be spreading this fall and winter. That means getting a flu vaccine in October is more important than ever.

Why should I get a flu shot?

Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will reduce your risk from flu and help conserve potentially scarce health care resources due to the COVID-19 pandemic.

If COVID-19 is spreading in my community, should I still go out and get a flu shot?

Yes. Getting a flu vaccine is an essential part of protecting your health and your family's health this season.

Does the flu vaccine increase my risk of getting COVID-19?

There is no evidence that getting a flu vaccine increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

Where can I get a flu shot?

Flu shots are available through your primary care provider. If you don't have a doctor that you regularly see, flu vaccines are also available at locations including health departments and pharmacies. *New this year, children age 3 and older can get a flu shot at participating pharmacies.*

Visit [VaccineFinder.org](https://www.vaccinefinder.org) to find where flu vaccines are available near you.

Are there people who should NOT get a flu shot?

Yes, there are rare exceptions. Talk to your doctor if you are unsure about whether you should get the flu vaccine.



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Need more information?

Visit [cdc.gov](https://www.cdc.gov) to learn about flu symptoms and the difference between a common cold, flu and COVID-19.

Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)