

Give Yourself a Shot Against

THE FLU

Getting a flu vaccine is more important than ever during the 2021-2022 flu season to protect yourself, your family, and your community from the flu. COVID-19 and flu may be circulating in your community at the same time and cause similar symptoms. A flu vaccine this season will also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients.

Frequently Asked Questions:

When should I get a flu shot? It's usually best to get your flu vaccine by the end of October. However, you can still protect yourself against late flu outbreaks if you get the vaccine later.

Why do I need to get vaccinated every year? Flu viruses evolve quickly, so last year's vaccine may not protect you from this year's strains. New flu vaccines are formulated each year to address rapidly adapting flu viruses. Also, a person's immune protection from vaccination declines over time, so an annual vaccine is needed for optimal protection.

Who should get the flu vaccine? The Centers for Disease Control and Prevention recommends annual flu vaccines for everyone 6 months of age or older. Vaccinations are particularly important for at-risk populations, including pregnant women, older adults, and young children. For patients with certain allergies, such as allergy to egg, antibiotics, gelatin, or other vaccine ingredients, please consult with your doctor or pharmacist.

Can the vaccine give me the flu? No. However, you may develop flu-like symptoms due to a reaction to the vaccine, exposure to a flu virus during the two-week window before the vaccine takes full effect, or other illnesses, such as the common cold.

How effective is the flu vaccine? The flu vaccine's effectiveness can vary. It is typically more effective among people 65 years old and younger. On average, the flu vaccine is about 60% effective for adults between 18 and 64 years of age.

Besides getting the flu vaccine, are there other things I can do to protect against the flu? Wash your hands often and thoroughly with soap and water. Use an alcohol-based hand sanitizer if soap and water aren't available. Whenever possible, avoid touching your eyes, nose, or mouth. Get plenty of sleep, exercise regularly, and drink plenty of fluids. Vaccinations are particularly important for at-risk populations, including pregnant women, older adults, and young children.

Can I get a COVID-19 vaccine at the same time as a flu vaccine? Yes, you can get the COVID-19 vaccine and flu vaccine at the same time. Be sure to follow the appropriate schedule for each vaccine. Please speak with your health care provider if you have concerns about receiving both vaccines simultaneously.

Will a flu vaccine protect me against COVID-19? Flu vaccines are not designed to protect against COVID-19. Flu vaccination reduces the risk of illness, hospitalization, and death due to influenza. Likewise, COVID-19 vaccination is the best protection against COVID-19. COVID-19 vaccines are not designed to protect against flu.

Do I need a flu vaccine if I wear a mask and practice safe physical distancing? Yes. A flu vaccine is recommended. Wearing a mask and physical distancing can also help protect you and others from respiratory viruses, like flu and the virus that causes COVID-19.

You can receive a flu shot for \$0. Contact your doctor's office or participating pharmacy.