

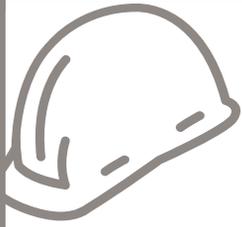
Give Yourself a Fighting Chance Against the Flu



Getting the flu shot helps protect you and your family from the flu.

That's especially important now during the COVID-19 pandemic.

Stay on the job



Getting a flu shot may keep you from getting sick and missing work. Some flu symptoms — like fever and muscle aches — are the same as symptoms of COVID-19, so your job may ask you to get tested for COVID-19 before going back to work.

Millions of people get sick from the flu every year. Some need to be hospitalized. Some people even die from it. Make plans today to get a flu vaccine for you and your children. The flu vaccine is recommended for everyone over 6 months.



Stay in school



Getting a flu shot may keep children from missing school. Being sick makes it harder for children to keep up with their schoolwork. And parents may miss work time caring for sick children.

Stay healthy — and keep everyone who lives with you healthy

Getting a flu shot every year, washing hands often, wearing masks, and staying at a distance from others helps people stay healthy and protected against many illnesses — including flu and COVID-19.



Flu spreads easily among people who live together. But some people are more likely to get very sick, be hospitalized, or even die from flu: young children and those with certain disabilities; pregnant women; people 65 or older; people who have asthma, heart disease, diabetes, HIV/AIDs, or cancer. A flu shot is especially important for them.



One less worry

We all worry about COVID-19.

Many flu and COVID-19 symptoms are similar — like fever, chills, cough, body aches, and feeling very tired. Getting a flu shot could mean one less illness to worry about, and help keep your body strong enough to fight off other illnesses, including COVID-19.



What are your worries?

Maybe you don't want to get a flu shot because you've heard — or know — some things that worry you.

Worry: The flu shot gives you the flu

Not True.

Not true. A flu shot cannot cause flu because it isn't a live vaccine. Some people have muscle aches or a slight fever a day or two after, but this isn't the flu and it goes away quickly.

Worry: The flu shot hurts

True.

Like any shot, the flu shot hurts a bit, but only for a few seconds. Your arm may feel sore for a day or two. That's a lot better than two weeks of fever, severe body aches, a bad cough, feeling tired, vomiting, diarrhea — or worse, ending up in the hospital or worrying that you have COVID-19.

Worry: The flu shot doesn't always work

True.

Some people still get the flu even if they have had the shot. But **even if you do get the flu, your symptoms will be milder**. You'll be less likely to get pneumonia or other complications.

One more thing



Some people believe they never get sick, so a flu shot won't help them — **but that's probably just luck.**

Coughs or sneezes from a person with the flu could be all it takes to make you sick. Without a flu shot, you can become very ill. **A flu shot is the only way to protect you and your family.**

Where can you get a free flu vaccine?



Some health plans and neighborhood groups offer free flu shots, or can tell you where to get one.

Flu shots are free at some drugstores and health clinics if you have Medicare Part B (or, in some states, Medicaid). In many cities and states, you can also call 211 to get information on free vaccines.