

TOP 6 THINGS YOU NEED TO KNOW THIS FLU SEASON 2021-22



Experts think that flu will spread along with COVID-19 this fall/winter.

Flu activity is unpredictable, but with people returning to work and school, along with less mask wearing and social distancing, it's expected that flu WILL return this season.



Flu can be much more serious than the common cold.

Every year in the U.S., flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths. Even when flu illness isn't as serious, it still means missed school, work, and fun with family & friends!



A yearly flu vaccine is recommended for **EVERYONE** 6 months and older.

Get vaccinated by the end of October. Vaccination is especially important for young children, older adults, pregnant people and people with serious health issues like diabetes, asthma, heart disease and kidney disease.



A flu vaccine **CANNOT** give you the flu.

Flu vaccines do not contain live flu viruses that are capable of making you sick. Instead, they work by preparing our immune systems to fight off these viruses without the danger of actual flu infection.



Getting a flu vaccine can be convenient and free.

Flu vaccines are available at doctors' offices, pharmacies, clinics, local health departments, grocery stores, and schools. Check [vaccines.gov](https://www.vaccines.gov) to find a flu vaccine near you!

Flu vaccines are often free with private insurance. If you're uninsured, underinsured, or have Medicaid or Medicare, visit [vaccinateyourfamily.org/paying-for-vax](https://www.vaccinateyourfamily.org/paying-for-vax) to find out how to pay for your family's vaccinations.



You **CAN** get a flu vaccine and COVID-19 vaccine at the same time.

Flu and COVID-19 are likely to spread at the same time this fall/winter. So stay healthy by protecting yourself against both diseases!

Getting a flu vaccine helps prevent the flu, especially serious illness, hospitalization and death.

[vaccinateyourfamily.org/current-flu-season](https://www.vaccinateyourfamily.org/current-flu-season)

