flu shots work

This year, more than ever, we all need our health.

- **The flu can be serious, and deadly.** Every year, this contagious respiratory illness leads to hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States. It affects people of all ages.

- **The best way to protect yourself from the influenza virus is with a flu vaccine.** Flu shots are safe and effective. They help millions of people stay healthy every year, preventing trips to the doctor's office and the hospital.

- **Flu shots will NOT give you the flu.** As the Centers for Disease Control and Prevention (CDC) explains: "The flu vaccine cannot cause flu. The vaccines either contain inactivated virus, meaning the viruses are no longer infectious, or a particle designed to look like a flu virus to your immune system." About two weeks after getting a shot, your body begins developing antibodies that help protect you against the flu.

- **The vaccine is just as important for children.** In 2020, flu vaccines are recommended for all children 6 months and older, with rare exceptions. A 2017 study by the CDC showed that the "flu vaccination can significantly reduce a child's risk of dying from flu." Talk with your pediatrician about getting your child the flu vaccine.

- **Clinics have put safety measures in place to protect you during the COVID-19 pandemic.** Flu shots are available in a variety of settings, including doctor's offices, health clinics, grocery stores, and local pharmacies. When you're scheduling your flu shot appointment, talk with your provider about all the ways they are protecting your health.

- **One flu shot can benefit the entire community.** The flu vaccine can protect not only you and your family, but your friends, co-workers, neighbors, and health care workers as well. And staying healthy is particularly important this year. When you're healthy, it allows hospitals to focus their resources on the continuing fight against COVID-19.

You don't have time to get sick. So take the time now to get a flu shot!

Visit staywellnova.com and make a plan to protect your child today!