

How to Get Your Flu Shot

Influenza, or the flu,

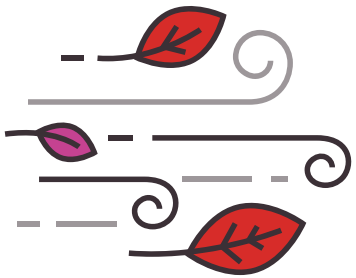
is a common viral infection that spreads easily. Most people recover after a week or two, but for others it can be serious.



Even young and healthy people can develop complications like **sepsis**, which can lead to death.

The flu vaccine is your best protection against catching the flu virus. Some years, it reduces the risk up to 60%!

If you're vaccinated but still get the flu, you'll likely have fewer or less severe symptoms.



The best time to get your yearly flu shot is in the **fall**, so don't delay!

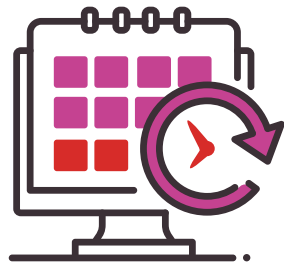
6+ months

Annual influenza vaccines are recommended for everyone **6 months and older**, unless advised by their doctor not to.

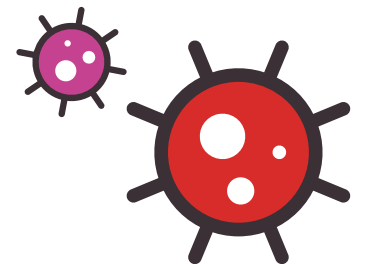
Why every year?

Flu strains change from year to year,

so we have to match each year's circulating flu with the right vaccine. Also, the vaccine's effectiveness wears off after about 6 months.



You can get a flu shot at the same time as the latest **COVID-19 boosters.**



Flu shots might be **available at no cost** through your health insurance or another program.



It's fast to get a flu shot! Depending on where you get it, it can take as little as **20 minutes.**

Flu shots are available at many medical offices and clinics, pharmacies, as well as some schools, workplaces, and other locations. Some even offer an incentive! Visit www.vaccinefinder.org to find a flu shot near you.

Learn more about sepsis and influenza at SepsisandFlu.org

