



## Don't Delay, Get Your Flu Shot Today!

### Getting your flu shot is more important than ever!

With everyone worried about Covid 19, it is easy to forget about getting your annual flu vaccine. But this year, *it is more important than ever!*

Why is it more important this year? Because Covid 19 has made taking care of yourself even more important. By getting your flu shot, you will not only protect yourself and your loved ones, you will help to reduce the burden on tribal hospitals and healthcare systems already struggling with the pandemic and the recent rise in cases. Studies have shown that getting a flu vaccine can reduce hospitalizations by about 40% for adults, children, and pregnant women!



The best way to prevent the flu is to get vaccinated, but some of the things you are already doing to help prevent the spread of Covid 19, like wearing a mask, washing your hands often, and covering any coughs, can also help stop the spread of flu germs.

**The flu vaccine will NOT protect you against COVID 19.** So it is very important to continue doing the things you are doing to prevent the spread of Covid 19: wearing a mask, socially distancing, and washing your hands often.

**The flu vaccine will also NOT increase your risk of getting Covid 19.** A flu vaccine will help keep you healthy and your immune system strong.

### How do I know the flu vaccine is safe?

Flu vaccines have been safely and successfully used for over 50 years on hundreds of millions Americans! Extensive research supports the safety of seasonal flu vaccines. Each year, the Centers for Disease Control and Prevention (CDC) works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

A lot of people are concerned about the safety of vaccines right now. Routine childhood vaccinations and annual flu vaccines are safe and effective. If you have questions, please talk to your doctor. They can answer your questions, and give you the information you need to make a good decision for you and your family.

## Who should get the flu vaccine?



*Everyone 6 months and older should get a flu vaccine every year.* Flu vaccines can reduce flu symptoms, visits to the doctor, hospitalizations, and are lifesaving. While everyone should get a flu vaccine, for some people it is even more important because they have a higher chance of getting very sick from the flu. These people include elders, pregnant women, young children, and people with underlying health conditions, like diabetes or asthma.

For pregnant women, a flu vaccine not only protects them, it also protects their unborn baby and newborn until several months after birth, until the baby can be vaccinated. Pregnant women can get the vaccine any time during their pregnancy.

## Can flu vaccines give me the flu or make me sick?

No, flu vaccines cannot cause the flu. They are made from very weak or inactivated flu strains that are designed to help you build antibodies to fight the flu.

Some common side effects, like body aches, a sore throat, or a cough, may result from getting the flu vaccine but these won't last long. And, these reactions are much less severe than actually getting sick with the flu, which can cause severe illness, hospitalizations, and even death.

## When is the flu season in the United States? When should I get my vaccine?

In the United States, the flu season occurs primarily in the fall and winter, peaking between December and February. But it can start as early as October and last as late as May. It takes about two weeks for the vaccine to be effective, so getting your flu vaccine in October or November is important. The vaccine will protect you for the whole flu season. And, it is important to get a flu vaccine every year, because flu viruses keep changing and, if needed, new vaccines are developed each year.

## Where can I get the flu vaccine?

There are many places to get your vaccine! Tribal health clinics, doctors' offices, pharmacies, and urgent care clinics are just some of the places it is available. And, make sure to contact your tribal health department to see if they will be sponsoring any flu shot events.

**The flu shot saves lives.  
*Get yours today!***