

# Your Annual Flu Shot Continues to Be More Important Than Ever

**While the world is reopening, influenza may start circulating again.**

Last influenza season saw a historically low number of cases, as well as the highest number of flu shots ever recorded. But as COVID-19 restrictions and social distancing mandates ease, cases of influenza may be on the rise.

Get your flu shot **every year** to help stop the spread of influenza in your community.

## YOU HAVE THE POWER TO HELP PREVENT INFLUENZA

Vaccinating against influenza can help:



### **P**ROTECT

yourself and  
your loved ones  
from influenza



### **P**REVENT

the spread  
of influenza in  
the community



### **P**RESERVE

hospitals  
and health  
systems

The Centers for Disease Control and Prevention (CDC) recommends that everyone, with rare exceptions, 6 months and older get their flu shot every year to help prevent the spread of influenza.

# Influenza and COVID-19 Are Different Viruses

## You still need to get your flu shot

While COVID-19 and influenza have some similar symptoms, they require different vaccines. If eligible, get both vaccines at your next wellness visit for your best chance at protection this season.

## Your annual flu shot helps protect you from influenza and its serious outcomes. Influenza can lead to:



Potentially life-threatening complications, including pneumonia or serious heart issues



Making pre-existing conditions worse, including heart or lung disease



Taking time off work, which can impact income and productivity



Infecting others, including those who may be more vulnerable than you

## Everyone is at risk for flu complications, but these groups are at a higher risk:

- Adults 50 and over
- Children 5 and under
- Pregnant women
- People with chronic conditions such as asthma, diabetes, HIV/AIDs, chronic kidney disease, and heart disease

In addition to persons at higher risk for medical complications attributable to severe influenza, emphasis also should be placed on vaccination of persons who live with or care for those who are at increased risk, such as healthcare workers.



**Talk to your doctor about scheduling your flu shot today.**