

## FLU VACCINE IS MORE IMPORTANT THIS YEAR



It is very important to get a flu shot this year. There is no COVID-19 vaccine yet, but we DO have a safe flu vaccine. The flu vaccine can keep you from getting sick with the flu. That keeps you away from doctors and hospitals and helps save important medical resources for COVID-19 patients.



Everyone (except babies under 6 months) should get a flu shot every year. It's very important for young children, people who are pregnant, adults age 65 and older, or people who have health conditions like asthma, heart disease and diabetes to get a flu shot. Essential workers and healthcare workers definitely need a flu shot because they are around more people.



When you get a flu shot, it helps protect other people. Young children and babies, older adults, and people who are pregnant or have certain medical conditions are more likely to get seriously sick from the flu. They are more likely to need to go to the hospital and may even die if they get the flu. If we all get vaccinated, it prevents flu from spreading to our family, friends, and neighbors.



You can safely get a flu vaccine, even during the COVID pandemic. You can safely get a flu shot from a doctor's office, community health center, pharmacy, or drive-thru clinic. Health care providers work hard to protect clients from COVID-19. When getting a flu vaccine, be sure to protect yourself and others: stay at least six feet apart at all times, wear a mask, and wash your hands thoroughly when you get home. If you feel sick at all, please wait to get your vaccine until you are feeling well.



Free flu vaccines will be available in multiple locations in King County. If you don't have insurance or can't afford a vaccine, there will be many events with free flu vaccines this fall. Some require appointments. Some will be drive-through or walk-up events. Vaccine clinic times and locations will be updated throughout the flu season at: [www.kingcounty.gov/findaclinic](http://www.kingcounty.gov/findaclinic)

For more information about the flu, click here: [www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Flu](http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Flu)