



## Get the Shot, Not the Flu

Every year, over 200,000 Americans are hospitalized due to complications from the flu. Combine that with the ongoing threat of COVID-19, and this might be one of our worst flu seasons ever.

**That's why this year's flu shot might be your most important one ever.**

### Flu Facts



#### The flu shot can't give you the flu.

The shot doesn't contain any live virus, so it can't give you the flu virus. But it can make you feel poorly for a few days after, and the injection site can be tender.



#### The vaccination is safe.

The shot is safe for everyone over the age of 6 months, and even pregnant women and people with other health conditions.



#### The flu is serious.

Far worse than a common cold, the flu is dangerous and can result in pneumonia, ear and sinus infections, or worsening chronic health conditions.



#### The flu shot takes time to work.

The vaccine works by building up antibodies in your system and can take up to two weeks to protect you from the flu virus.

**Protect yourself and your family this winter by getting your flu shot today!**