ONE SIMPLE STEP
FOR A SAFER SEASON:
GET A FLU SHOT

Flu vaccinations are a good idea every year. 
This year, they matter more than ever.

WHY?
• Doctors need to focus on the coronavirus pandemic. But each year the flu sends 200,000+ Americans to the hospital.
• Getting a flu shot can reduce the strain on our health care system.

WHAT’S AT STAKE?
• Flu and COVID-19 symptoms can be similar. That could delay the kind of care you get.
• You also could be exposed to people who think they have the flu but really have COVID.

WHO?
• The CDC recommends a flu shot for everyone 6 months or older — especially people at risk for complications.
• High-risk groups include seniors, pregnant women and people with long-term or serious illnesses like asthma or diabetes.

WHEN?
• September or October is best. But later in fall or winter still can protect you.
• One reason to do it soon: It’s possible to get the flu and COVID.
• We don’t know how having the viruses back-to-back or at the same time affects people.

WHERE?
• Any location that follows the CDC’s pandemic guidelines should be safe.
• Some hospitals also offer flu shots at drive-up COVID testing sites.

Visit vaccinefinder.org to find a clinic near you.

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