

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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