FIVE REASONS TO GET THE FLU SHOT

1. **What you touch can hurt you.** The flu virus can spread up to one day before a person has symptoms and can be transferred when people talk or touch things, such as their phones, desks or door handles.²

2. **You may not have symptoms, but your friends and family may not be as lucky.** According to the Harvard School of Public Health, 20% to 30% of people who carry the influenza virus never experience flu-like symptoms, but they can still pass them on to others, who might not be so lucky.³

3. **The flu shot does not cause the flu.** It takes two weeks for the antibodies that protect you against the flu to develop in the body; therefore, if you are exposed to the virus within those two weeks, you could still get the flu.

4. **It can save lives in more ways than one.** Not only does the flu shot protect against the potentially deadly virus, a study found that adults were six times more likely to suffer a heart attack during the week after being diagnosed with the flu.⁴

5. **Even if you don’t think you need it, you do.** The Centers for Disease Control and Prevention (CDC) recommends that everyone over six months of age get a flu shot every year to protect themselves and others. The flu vaccination has been shown to reduce the risk of seeking medical care for the flu by 40 to 60%.⁵

What to Know for the 2022-2023 Flu Season

- It is recommended to get a flu vaccine by the end of October. However, receiving a vaccine after October can still provide protection during the peak flu season.

- There are three flu vaccines recommended for people 65 years or older:
  - Fluzone High-Dose Quadrivalent vaccine
  - Flublok Quadrivalent recombinant vaccine
  - Fluad Quadrivalent adjuvanted vaccine

- You can get a flu vaccine at the same time as a COVID-19 vaccine or booster shot.

- The cost for the flu vaccine will vary depending on your plan and can be as low as $0.

For more information about the flu or the vaccine, call 1-800-CDC-INFO or visit www.cdc.gov/flu

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