

PROTECT YOURSELF FROM THE FLU

Your best defense against the flu is getting the flu vaccine, and it's especially important during the pandemic this year. Similar to other COVID-19 precautions, such as wearing a mask or practicing good hand hygiene, getting your flu shot is a frontline defense to lower your risk of getting sick.

Four reasons to get your flu shot.

1.	To protect yourself Getting sick from the flu weakens your immune system, making you more susceptible to COVID-19. A flu shot reduces your risk of becoming ill with both influenza and COVID-19 at the same time.
2.	To protect those around you A flu shot lowers your chances of getting the flu, which then reduces your chances of spreading it to others.
3.	To avoid symptom confusion Because the flu and COVID-19 share several symptoms, getting your flu shot may help your provider more quickly diagnosis an illness.
4.	To help hospitals The flu vaccine is not 100% effective. But even if you get sick from the flu, having had the vaccine can help reduce the severity of your symptoms and lower your chances of needing hospital care.

**To schedule an on-site flu shot clinic, call (888) 600-2378
or email occmed@sanfordhealth.org.**



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