

# FLU VACCINE IS MORE IMPORTANT THIS YEAR



**It's more important than ever to get a flu vaccine this year.** We may not have a vaccine yet for COVID-19, but we DO have a vaccine for the flu that has been safely given to millions of people for more than 50 years. The flu vaccine can keep you from getting sick during the COVID-19 pandemic. That keeps you out of doctors' offices and hospitals and it also helps save important medical resources for COVID-19 patients.



**Everyone over the age of 6 months should get a flu vaccine every year.** It's especially important for people in high-risk groups, like young children and people who are pregnant, adults age 65 and older, or people who have certain health conditions like asthma, heart disease and diabetes. It's also important for essential workers and healthcare workers to get vaccinated because they are around more people.



**When the rest of us get vaccinated for flu, it helps protect more vulnerable people in our community.** Young children and babies, older adults, and people who are pregnant or have certain medical conditions are more likely to get seriously sick from the flu. They have greater risk for hospitalization and even death if they get the flu. If we all get vaccinated, it prevents flu from spreading to our family, friends, and neighbors.



**You can safely get a flu vaccine, even during the COVID pandemic.** You can safely get a flu shot from a doctor's office, community health center, pharmacy, or drive-thru clinic. Health care providers are taking extra steps to protect clients from COVID-19. When going to get a flu vaccine, be sure to protect yourself and others: stay at least six feet apart at all times, wear a mask, and wash your hands thoroughly when you get home. If you have any signs of illness, please wait to get your vaccine until you are feeling well.



**Free flu vaccine will be available in multiple locations in King County.** If you don't have insurance or can't afford vaccine, there will be many events with free flu vaccine this fall. Some require appointments. Some will be drive-through or walk-up events. Vaccine clinic times and locations will be updated throughout the flu season at: [www.kingcounty.gov/findaclinic](http://www.kingcounty.gov/findaclinic)

More information about the flu:  
[www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Flu](http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Flu)

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