

Your Annual Flu Shot Continues to Be More Important Than Ever

While the world is reopening, influenza may start circulating again.

Last influenza season saw a historically low number of cases, as well as the highest number of flu shots ever recorded. But as COVID-19 restrictions and social distancing mandates ease, cases of influenza may be on the rise.

Get your flu shot **every year** to help stop the spread of influenza in your community.

The Centers for Disease Control and Prevention (CDC) recommends that everyone, with rare exceptions, 6 months and older get their flu shot every year to help prevent the spread of influenza.

YOU HAVE THE POWER TO HELP PREVENT INFLUENZA

Vaccinating against influenza can help:



PROTECT

yourself and your loved ones from influenza



PREVENT

the spread of influenza in the community



PRESERVE

hospitals and health systems



Talk to your doctor about scheduling your flu shot today.