



It's especially important to take time to get a flu vaccine.

Don't delay.



The Centers for Disease Control and Prevention (CDC) recommend a yearly flu vaccine as the first and most important step in protecting against flu viruses. Getting a flu vaccine this year is more important than ever.

Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illness. Make a point to get vaccinated, for yourself, your loved ones and everyone around you.

Take these actions to protect yourself and others from the flu:



- Get your flu shot
- Stay home if you are sick



- Cover your nose and mouth when you sneeze or cough



- Avoid touching your eyes, nose and mouth
- Wash your hands often with soap and water
- Clean and disinfect all surfaces and shared objects
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other needs

HAP members can get the flu vaccine as a covered preventive service at any HAP affiliated pharmacy or provider's office.

FLU FACTS VS. FLU MYTHS

Myth 1: Influenza is not serious, so I don't need the vaccine

Fact: Even healthy people can get the flu. Most people will get better within a few weeks, but some can develop complications including sinus and ear infections, pneumonia, heart or brain swelling.

Myth 2: The flu shot can give me the flu

Fact: The flu shot contains a weakened virus that cannot give you the flu. If you feel achy or slightly feverish, it is a normal reaction of the immune system to the vaccine, and generally lasts only a day or two.

Myth 3: I had the shot and still got the flu, so it doesn't work.

Fact: Several flu viruses circulate all the time, people may still get the flu even if they get a shot, since the vaccine is specific to one strain. However, being vaccinated gives you the chance of being protected from the flu.