

# Fight Flu. Get Vaccinated.

Help us keep our schools, workplaces & communities healthy.



## Flu Can Make You Very Sick

Flu is a contagious disease that can cause serious illness. Getting vaccinated against flu is the best way to keep yourself and your family healthy and out of the hospital. Do your part to protect your loved ones and your community. As the COVID pandemic continues into a second flu season, do your part to help reduce strain on California's hospitals.

## Everyone 6 Months and Older Should Get the Flu Shot

CDPH recommends the annual flu vaccination for everyone 6 months of age and older. Getting vaccinated against the flu is particularly important for people at high risk of severe disease and hospitalization, including:

- Children under 5 & those over 65 years old
- Pregnant individuals
- People who smoke or have underlying medical conditions like diabetes, heart disease, asthma, lung disease, neurologic disorders and weakened immune systems
- Caregivers and residents in long-term care facilities
- Essential workers who interact with the general public or are at higher risk because of their job

## Get Your Flu Shot Now

It takes a couple of weeks after vaccination for the body to build immunity, so the CDC recommends adults and children older than 6 months get a flu vaccine by October 31.

Even if you wait until after October, get it as soon as possible!

## Flu Shots Work

Flu vaccines are safe and effective. Flu vaccine is updated each season, protecting people against the current strains. According to the [CDC](#), flu vaccination prevents millions of illnesses and flu-related doctor visits nationwide each year.

## It's Safe to Get Flu and COVID-19 Vaccines on the Same Day

It's safe to get your flu vaccine and your COVID vaccine (or booster) during the same visit.

## Where to Get Your Flu Shot

Contact your health care provider, physician's office, or clinic about getting the flu vaccine. Your local pharmacy may also have flu shots and accept most insurance, including Medi-Cal. Some [local health departments](#) also offer low- or no-cost flu shots. If you still haven't had the COVID-19 vaccine or are due for a booster, the flu vaccine and COVID-19 vaccine can be given on the same day.

## Learn More

Talk with your doctor about the flu or visit [cdph.ca.gov/FightFlu](https://cdph.ca.gov/FightFlu).



Scan the QR code to see the interactive links on this flyer.

