



PROTECT YOURSELF AGAINST THE FLU

Now is the time to get vaccinated against the flu. Read on for more information about the 2020-2021 seasonal flu vaccine:

- The Centers for Disease Control and Prevention (CDC) recommend that everyone 6 months of age and older should get a flu vaccine each year.
- Your doctor can tell you which flu vaccines are available and most appropriate for you.
- All vaccines will protect against both Type A strains of influenza (H1N1 and H3N2) and a Type B strain. For the new season, all regular-dose flu shots will be quadrivalent (four component). This means that regular-dose trivalent (three component) flu shots will not be available for the 2020-2021 season.
- Getting a flu vaccine will not make you sick, but you may have minor side effects that mirror flu symptoms, lasting one to two days.
- You should get the flu vaccine as soon as it is available in your area. However, if you haven't gotten vaccinated yet, it is not too late—influenza activity can continue even into April or May.

