

# got your FLU SHOT?



Flu shots are a quick and effective way to reduce your risk of getting the flu. The flu is a dangerous illness that can lead to hospitalizations or death, even for healthy people. Get your flu shot every year to protect yourself and others. Learn more at <https://www.cdc.gov/flu/prevent/index.html>



## *who should get a flu shot?*

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months of age and older get a flu shot each year.



## *what does the flu shot do?*

The flu shot reduces your risk of getting the flu by creating antibodies that build a stronger immune response to the flu virus. This helps to protect you from getting sick or reduces the severity of the illness.



## *why should I get a flu shot?*

The flu can be very dangerous and cause a serious illness, even if you are healthy. Getting a flu shot each year protects you and those around you by reducing your risk of getting the flu.



## *where can I get a flu shot?*

Most pharmacies offer flu shots. Find a location near you: <https://vaccinefinder.org/>

Most insurance plans will cover the cost of a flu shot. If your plan doesn't or you don't have insurance, consider the following options for getting a flu shot:

Pharmacy	Cost	Notes
Costco	\$20	No membership needed
CVS	\$40	\$5 coupon available and high dose vaccine available
Walmart	\$35	
Sam's Club	\$30	No membership needed