

# Prepare for flu season

Spread the facts, not the flu



## SEPTEMBER TO OCTOBER



CDC recommends that people get a flu shot by the end of October — though a flu shot at any time of the year is better than no shot at all.<sup>1</sup>



## 410,000–740,000

Estimated flu hospitalizations from the 2019–2020 flu season.<sup>2</sup>



## SIX MONTHS OLD AND UP

CDC recommends everyone six months of age and older get vaccinated every flu season.<sup>1</sup>



## TWO WEEKS

About how long it takes for your body to develop antibodies and provide protection after a flu shot.<sup>3</sup>

## 5 REASONS TO GET A FLU SHOT THIS YEAR

- 1. Viruses evolve and protection fades:** Because flu viruses evolve, flu vaccines may be updated from one season to the next to protect against the viruses that research suggests may be most common during the upcoming flu season.<sup>3</sup>
- 2. Protect those around you:** Seniors and people with chronic conditions such as heart disease, asthma or diabetes are at greater risk for developing serious flu complications.
- 3. Avoid the double whammy:** It is possible to test positive for flu and COVID-19 at the same time. There is no evidence that getting a flu shot increases the risk of getting COVID-19.<sup>3</sup>
- 4. Price is right:** If you have insurance, most plans cover flu shots at no cost. If you don't have insurance, the cost is still relatively low.
- 5. Fewer sick days:** A flu shot protects you against the flu and lessens the severity if you do catch it.



## PROTECT YOURSELF. PROTECT YOUR COMMUNITY. GET YOUR FLU SHOT TODAY.

Visit the **Store Locator** on **HealthMart.com** to find a Health Mart pharmacy offering flu shots near you. *Look for the  icon!*



Sources:

<sup>1</sup> Who Needs a Flu Vaccine and When [www.cdc.gov/flu/prevent/vaccinations.htm](http://www.cdc.gov/flu/prevent/vaccinations.htm)

<sup>2</sup> 2019–2020 U.S. Flu Season: Preliminary Burden Estimates [www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm](http://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm)

<sup>3</sup> Key Facts About Seasonal Flu Vaccine [www.cdc.gov/flu/prevent/keyfacts.htm](http://www.cdc.gov/flu/prevent/keyfacts.htm)

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