

Why do I need to get a flu vaccine every year?

- The flu vaccine is updated each year to match the viruses expected to be the most common during the flu season.
- The protection you get from the vaccine lasts throughout the flu season.
- People who get the flu vaccine may still get sick but are likely to avoid a hospital visit.
- Although the vaccine is not 100% effective, it is your best protection against flu.
- If you're not sure, talk to your pharmacist or healthcare provider to learn more.

How do I know flu vaccine is safe?

- The flu vaccine has been used safely for more than 70 years.
- Over 130 million doses are given in the United States each year.
- Vaccines are tested and continuously monitored for safety and effectiveness every year. Serious side effects are extremely rare.
- Flu vaccination is recommended and trusted by doctors and pharmacists worldwide.



Find out more. Visit: www.FluFreeWA.org

Find a vaccine (immunizations) clinic by calling or visiting:



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flu free
WASHINGTON



PROTECT YOUR FAMILY FROM

the flu

GET VACCINATED

Flu vaccine is the best way to protect yourself, your family, and your community from serious illness caused by the flu. Call your doctor today for an appointment or simply visit your local pharmacy.



To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

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Why get vaccinated?

Flu spreads easily by coughing and sneezing. Flu most often causes fever, cough, sore throat, body aches, and headache. Flu can also lead to hospitalization and death.

In the United States, flu is a leading cause of death from a disease that can be prevented through immunization. Unfortunately, babies under 6 months are unable to get this vaccine. So, it is very important that everyone around the baby gets vaccinated. Even healthy people can get very sick from the flu. People can spread it to others before they know they're sick.

You can get sick from the flu and other respiratory illnesses at the same time. Protect your family by staying up to date on the vaccines your medical provider recommends. You can get your flu vaccine at the same time as other vaccines, like the COVID-19 vaccine, for convenience.



"With everything open again and my kids back in school, it feels more important than ever to get the flu vaccine to protect ourselves, our friends, and the community."

— Barry Iverson, father of kids ages 5 & 12

Who should get the flu vaccine?

Everyone 6 months and older.

Especially those who are at high risk, such as:

- Anyone with asthma, diabetes, heart disease, lung diseases, or other chronic illnesses.
- Pregnant people and those who recently gave birth.
- Adults age 65 and older.
- Caregivers of households with:
 - ▲ Babies younger than 6 months.
 - ▲ Older adults.
 - ▲ People with a weakened immune system.

How many doses of flu vaccine do I need?

One dose of flu vaccine protects you all season long. If this is your baby's or child's first time getting vaccinated, they will need two doses spaced at least 1 month apart. Ask your doctor or nurse if your child will need two doses this season and what vaccine options are available.



Flu vaccine does NOT cause flu illness.

Some people may feel slightly feverish or achy for one to two days after getting vaccinated while their immune system responds to the vaccine. This is not the flu, it's a sign the vaccine is working. The vaccine is helping your body recognize the flu so your immune system can respond if you're exposed to the virus. It takes about two weeks after vaccination to be protected. During that time, you'll still be at risk of getting sick if you're exposed to the virus and you could even spread it to others.

Healthy habits help stop the spread of flu!

- Get vaccinated each year!
- Cover your cough. Cough or sneeze into a tissue or your upper sleeve, NOT your bare hand.
- Wash your hands often with soap and water. If soap and water are not available, use alcohol-based hand sanitizer.
- Disinfect frequently touched shared surfaces in your home, such as countertops, faucets, and doorknobs.
- Keep hands away from eyes, nose, and mouth.
- Call your doctor or nurse if you have a fever or cough that won't go away.
- Stay home when you or your children are sick.

