

Drop-In Article Templates

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General Audience

Protect your family and community from the flu; get your yearly flu vaccine every fall. The flu vaccine is you and your family's best defense against becoming seriously ill from the flu. It also helps keep our hospitals from being overwhelmed. The Department of Health recommends a yearly flu vaccination for everyone six months and older, including people who are pregnant, nursing, or at higher risk for flu complications.

You should get a flu vaccine early in the fall, preferably before the end of October, to be protected before flu viruses start to spread more widely in your community. You can even get your COVID-19 and flu vaccines at the same time. Flu vaccines are widely available at many locations near you, including pharmacies, doctor's offices, and even community events. Visit www.Vaccines.gov or call the [Help Me Grow Washington hotline](#) at 1-800-322- 2588 (language assistance available) to find a flu vaccine location near you.

Flu vaccines for adults are covered by most insurance plans, including Apple Health and Medicare part B, and all children aged 18 and under in Washington can get a flu vaccine and other recommended vaccines at no cost. The provider may charge a fee (called an administration fee) to give the vaccine. You can ask them to waive this fee if you cannot afford it. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can help prevent against many respiratory illnesses, such as flu, COVID-19 and RSV, by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.FluFreeWA.org.

Adults 65 years and older

It's time to get your yearly flu vaccine. The flu vaccine is your best defense against hospitalization from the flu. The Department of Health recommends a yearly flu vaccination for everyone six months and older. Flu vaccines are especially important for [adults 65 and older and people with certain medical conditions](#) to reduce the risk of serious complications from the flu.

You should get a flu vaccine early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in your community. There are certain kinds of flu vaccine available for adults aged 65 and older meant to provide a stronger immune response. Ask your provider or pharmacist which vaccine is right for you. You can even get your COVID-19, RSV, and flu vaccines at the same time.

Flu vaccines are widely available at many locations near you, including pharmacies, doctor's offices, and even community events. Visit www.Vaccines.gov or call the [Help Me Grow Washington](#) hotline at 1-800-322-2588 (language assistance available) to find a flu vaccine location near you. Flu vaccines are covered by most insurance, including Medicare part B. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can also help prevent flu by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.FluFreeWA.org.

People at higher risk of complications

It's time to get your yearly flu vaccine. The flu vaccine is your best defense against hospitalization from the flu. The Department of Health recommends a yearly flu vaccination for everyone six months and older. Flu vaccines are especially important for people [who are at higher risk of having complications from flu](#), including older adults (65 and older), people with chronic health conditions, young children (5 years old and younger), and pregnant people.

You should get a flu vaccine early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in your community. You can even get your COVID-19 and flu vaccines at the same time. Flu vaccines are widely available at many locations near you, including pharmacies, doctor's offices, and even community events. Visit www.Vaccines.gov or call the [Help Me Grow Washington](#) hotline at 1-800-322-2588 (language assistance available) to find a flu vaccine location near you.

Flu vaccines for adults are covered by most insurance plans, including Apple Health and Medicare part B. All children aged 18 and under in Washington can get a flu vaccine and other recommended vaccines at no cost. The provider may charge a fee (called an administration fee) to give the vaccine. You can ask them to waive this fee if you cannot afford it. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can also help prevent flu by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit FluFreeWA.org.

Health care workers

Protect yourself and your patients from the flu – get your yearly flu vaccine soon. The flu vaccine can keep you from getting seriously ill from the flu or spreading the flu to at-risk patients. Getting vaccinated will protect you and your patients. It also helps keep our hospitals from being overwhelmed and our community healthy. The Department of Health recommends a yearly flu vaccination for everyone six months and older, including people who are pregnant, nursing, or at higher risk for flu complications.

For the best protection, you should get the flu vaccine before the end of October, which is usually when flu viruses start to spread in the community. You can even get your COVID-19 and flu vaccines at the same time. If you are age 60 or older, you can also get your RSV vaccine during your appointment. Flu vaccines are widely available at many locations near you and may even be offered by your employer. Talk with your human resources department to find out what options may be available. You can also visit www.Vaccines.gov or call the [Help Me Grow Washington](tel:1-800-322-2588) hotline at 1-800-322-2588 (language assistance available) to find a flu vaccine location in your area.

Flu vaccine is covered by most insurance providers at no cost. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your local health department for more information. You can help prevent flu by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, staying home when sick, and following any masking guidance from your employer. For more information, please visit www.FluFreeWA.org.

Schools

Dear parents and guardians,

It's time for your children to get their yearly flu vaccine. While we are taking precautions to keep our schools clean, respiratory illnesses such as flu circulate more widely in the fall and winter. We need your help keeping our students safe from the flu. The flu vaccine can prevent you and your family from getting seriously ill and even hospitalized from the flu. Even if your child is typically healthy, they can become dangerously ill with the flu.

The Department of Health recommends a yearly flu vaccination for everyone aged six months and older, including people who are pregnant, nursing, or at higher risk for flu

complications. For the best protection, your family should get vaccinated for flu early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in our community. You can even get your COVID-19 and flu vaccines at the same time, or along with any school-required vaccines your child may be due for.

Flu vaccines are available at many locations near you, including pharmacies, doctor's offices, and even community events. [If your school is able to host vaccine clinics, or is offering flu vaccinations at your school's health center, include that information here]. Visit www.Vaccines.gov or call the [Help Me Grow Washington](http://www.HelpMeGrowWashington.org) hotline at 1-800-322-2588 (language assistance available) for more information. **All children aged 18 and under in Washington can get flu vaccine and other recommended vaccines at no cost.** The provider may charge a fee (called an administration fee) to give the vaccine. You can ask them to waive this fee if you cannot afford it.

You can help prevent both COVID-19 and flu by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.FluFreeWA.org.



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