

# Flu Immunization Talking Points

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- **Flu is a serious illness** that can cause people to miss work, keep them from caring for their family or even put them in the hospital. Many people in the U.S. die from the flu every year.
- **The flu vaccine is the best way to protect yourself and your family from the flu**, cutting your risk of getting very sick with the flu by half.
- **The flu vaccine is safe and effective.** Millions of people get it every year to stay healthy.
- **It only takes a few minutes to get the flu vaccine—and at low or no cost.** In Oregon, you can get the vaccine at most healthcare provider offices and local pharmacies. Even if you don't have insurance, there are places you can go where no one will be turned away due to inability to pay for the flu vaccine.
- **Everyone six months or older should get the flu vaccine**, including kids, adults and seniors. For children under two and people over 65, it is especially important for lowering their risk of severe illness.
- **If you're not vaccinated, you can spread the flu** before you have any symptoms.
- **It is important to get the vaccine every year** because the flu virus changes from year to year. Each year, the vaccine is updated to target the strains of the virus that are most likely to get us sick.
- **It's best to get the vaccine in early fall—at the beginning of flu season.** If you can't get the vaccine in the fall, you should still get it as soon as possible. It's never too late to get a flu vaccine.
- Even if you've never gotten sick from the flu, **you can help keep older family members and neighbors healthy by getting vaccinated.**
- **People with asthma, diabetes or heart or lung disease are also at higher risk** of severe illness if they do not get the flu vaccine.
- **The flu vaccine cannot give you the flu, and side effects from the vaccine are typically mild and resolve quickly.** Side effects can include a headache or sore arm and usually only last a day or two.
- In Oregon, the vaccine is available at most healthcare provider offices and local pharmacies—be sure to call to confirm availability and make an appointment if necessary.
- **For help finding a location to get the flu vaccine, call 211 or visit [VaccineFinder.org](https://www.vaccinefinder.org).**
- **If you have questions about the flu vaccine, call your healthcare provider.**

# Flu Immunization + COVID-19 Talking Points

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- **Getting the flu vaccine is even more important this year, with COVID-19 making more people sick.**
- **Even if you are mostly staying home during the pandemic,** you can still catch and spread the flu. Getting vaccinated helps keep your family healthy.
- **The people who are most likely to get very sick from COVID-19 are also more likely to get very sick from the flu.** Many of us have loved ones who are at high risk of getting very sick if they are exposed to COVID-19.
- Preventing flu this season will make our healthcare system stronger. When you get your flu vaccine, you are helping keep very young children, older people and those with chronic diseases from needing to go to the hospital, allowing healthcare workers to focus on people who need urgent treatment.