

## Information on the FLU Vaccine

Preparing for the 2020-2021 Flu Season? Here is what you need to know...

**Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu this fall, and winter is more important than ever.**

**CDC recommends getting a flu vaccination in September or October.**

**This season's flu vaccines were updated to better match viruses expected to be circulating in the United States.**

CDC Recommends: Everyone 6 months and older should receive a yearly flu vaccine.

### People at High Risk for Flu Complications:

- Adults 65 & Over
- Pregnant Women
- Young Children
- Asthma
- Chronic lung disease
- Heart Disease & Stroke
- Diabetes
- HIV/AIDS
- Cancer
- Kidney and Liver Disease
- People who are obese with a body mass index (BMI) of 40 or higher

You can safely get a flu vaccine at multiple locations including your doctor's office, health departments, and pharmacies. You can use [VaccineFinder.org](https://www.vaccinefinder.org) to find where flu vaccines are available near you. When going to get a flu vaccine, be sure to practice everyday preventive actions.