

Why it's especially important to get your flu shot during the COVID-19 Pandemic!

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In the 2017-2018 flu season, it's estimated the flu vaccine prevented roughly 6 million flu illnesses, 3 million medical visits, 1 million hospitalizations, and 6 thousand deaths.

As companies across the world race to find a vaccine for COVID-19, it's important not to forget about other vaccinations as we head into flu season. Health officials are already preparing for the possibility of a double threat in the fall due to influenza (flu) and COVID-19. August is National Immunization Month highlighting the important role vaccines play in our lives.

You may have heard that getting a flu vaccine this fall is more important than ever due to the ongoing COVID-19 pandemic. While the flu vaccine does not protect against COVID-19 directly, it has many other important benefits during this time.

The flu vaccine has been shown to decrease the risk of flu illness, hospitalization, and death. The flu vaccine protects us *and* helps conserve potentially limited, vital health care resources during the COVID-19 pandemic.

Vaccinations help protect against illness, especially for those who may be most vulnerable, such as the elderly, infants, and young children. They also help prevent the spread of illnesses to others, such as family members, classmates, and other members within your community. In other words, getting vaccinated protects you *and* those around you in many cases.

It's important, especially during this time, that we continue to get vaccinated to help protect us from those diseases we can protect ourselves against.

Stay on pace with your total immunization schedule



While we often think about vaccinations in terms of back-to-school requirements, it's important to remember routine vaccinations are recommended even into adulthood. Vaccinations are recommended throughout our lives based on age, lifestyle, medical conditions, past vaccinations, and wellness. That's why it's important that you stay on pace with your immunization schedule. The Centers for Disease Control and Prevention has the following resource to help keep you up-to-date on all of your vaccinations.

[Vaccination Schedule](#)

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