

Stay Safe from Seasonal Flu

Get a flu vaccine every year

Why should I get a flu vaccine?

The flu vaccine is your best defense against seasonal flu. The flu vaccine can lower your chances of becoming very sick from the flu by 40-60%! If you do get the flu, the vaccine can help your illness be less severe.

Getting vaccinated also protects your family and friends. The flu can be a serious illness for young children, older adults, pregnant people, and people with certain health conditions.

The seasonal flu vaccine does not protect against bird flu (H5N1). Getting vaccinated is important to prevent co-infection (being sick with more than one illness).



Flu vaccine safety

The flu vaccine can not give you the flu. Not all flu vaccines are made using a flu virus. Those that are use “weakened” or “killed” flu viruses that can’t make you sick.

Flu vaccines have been safely used for over 50 years. There are many protective systems in place to make sure vaccines we use work well and are safe. It is rare to have an allergic reaction to a flu shot.

Where to get a flu vaccine

You can get a flu vaccine at most clinics and pharmacies. Call ahead of your visit to ask about availability.

The Care-a-Van is a mobile health clinic that serves people across Washington.

Call 800-525-0127 to find Care-a-van clinics near you, or scan this QR code.



Low-cost and no-cost vaccines

Most insurance plans, including Apple Health, cover the cost of flu vaccine for adults. In Washington, all children under age 19 get flu vaccines at no cost.

Learn more at [FluFreeWA.org](https://www.flufreeWA.org)