HealthCheck360

Get Vaccinated, Beat the Flu

Flu season is here, and getting vaccinated is one of the simplest ways to stay healthy and keep your community safe. The flu can cause serious illness, hospitalizations, and even death—but the flu shot helps reduce those risks dramatically.

Four Smart Reasons to Roll Up Your Sleeve

It Saves Lives
Every year, flu vaccination prevents thousands of deaths and tens of thousands of hospitalizations. A simple shot can make a big difference.

Protects Vulnerable People
By getting the flu shot, this helps safeguard infants, older adults, and those with chronic conditions who are at higher risk for serious flu complications.

Stay Active and Productive
Avoid missed work, school, and activities caused by flu-related downtime. Getting your flu shot now means less risk of being sidelined by sickness.

Reduces Severity
If you do catch the flu virus, being vaccinated lowers your risk of severe complications and can allow you to recover more quickly.



How to Get Your Flu Shot

You can find a flu shot near you by checking with your doctor, local pharmacy, or health department. Many grocery stores and clinics offer walk-in appointments. To make it easy, visit https://www.vaccines.gov and enter your ZIP code to locate nearby options.

The CDC recommends flu vaccination for everyone aged 6 months and older. Each year, the vaccine is updated to match the strains most likely to circulate, giving you the strongest defense against the flu.

If you have questions about the flu vaccine or whether it's right for you, talk with your doctor or healthcare provider before getting vaccinated.