

## Sample Blog Post for Fall 2024

---

### It's time to get your yearly flu vaccine

Protect your family and community from the flu, get your yearly flu vaccine soon. The flu vaccine is your best defense against becoming seriously ill from the flu. While the flu can be mild for some people, it can lead to hospitalization and even death for others. Getting vaccinated protects your community from the flu and reduces the burden on our hospitals.

### Should I still get the flu vaccine if I'm usually healthy?

Yes, we recommend the flu vaccine for everyone six months and older. The flu vaccine protects not only you, but also the people you're around. Flu can be serious even in healthy people, but some people are at higher risk including:

- People 65 years and older
- Young children, especially those under 5 years of age
- Pregnant people
- People with medical conditions like asthma, diabetes, heart disease, lung disease, or neurologic conditions

While flu illness can be mild in most people, it's important to remember how serious flu really is. Sadly, over 500 people in Washington died from flu-related illness in the last five years, including many children. The flu vaccine saves lives.

### When should I get the flu vaccine?

You should get your flu vaccine before the end of October for the best protection through the fall and winter months when flu is most likely to spread. You can even get your COVID-19 and flu vaccines at the same time. Adults 60 and over can also get their RSV vaccine at the same appointment.

You can still get a flu vaccine for several months after October and get protection through the end of the flu season in the spring.

### Where can I get a flu vaccine?

You can visit your local doctor's office, pharmacy or clinic event in your area. Go to [www.Vaccines.gov](http://www.Vaccines.gov) or call the [Help Me Grow Washington hotline](tel:1-800-322-2588) at 1-800-322-2588 (language assistance available) to find a flu vaccine location near you. If you're working, you can also check with your employer to see if they are hosting an on-site clinic for their staff.

### Does my insurance cover the flu vaccine?

Most insurance plans, including Apple Health and Medicare part B, cover the cost of flu vaccine for adults. If you do not have insurance, you may still be able to get the flu vaccine at no cost. Talk to your [local health department](#) for more information.

Children aged 18 and under in Washington can get a flu vaccine and other recommended vaccines at no cost. The provider may charge an administration fee to give the vaccine.

You can ask them to waive this fee if you cannot afford it.

### What else can I do to prevent the flu from spreading?

- Get up to date on any vaccines that are due. Vaccination is your best defense against many serious diseases.
- Wash your hands frequently with soap and water. Use hand sanitizer when soap is not available, and hands are not visibly soiled.
- Consider wearing a mask in crowded or indoor settings.
- Sneeze or cough into the crook of your arm or a tissue so you don't put germs on your hands or in the air.
- Avoid close contact with people who are sick.
- If you feel sick, stay home.

For more information, visit [www.FluFreeWA.org](http://www.FluFreeWA.org).



**DOH 348-767 September 2024**

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).