

## Email Templates

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### General Audience

[SUBJECT: Reminder for 2024/2025 Flu Vaccine]

Hello,

Don't forget to get your flu vaccine this year! The flu vaccine can keep you and your loved ones from getting seriously ill or spreading the flu to others. It also helps prevent our hospitals from being overwhelmed.

The Washington State Department of Health recommends everyone six months and older get a yearly flu vaccination. It is especially important for people who are at higher risk of complications from flu, including:

- Adults age 65 years and older
- Children age 5 years and younger
- Pregnant and nursing people
- People with chronic health conditions

You should get a flu vaccine early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in your community. You can even get your

COVID-19 and flu vaccines at the same time. Adults 60 and older can also get their RSV vaccine at the same appointment. Flu vaccines are widely available at many locations near you, including pharmacies, doctor's offices, and even community events.

Visit [www.vaccines.gov](http://www.vaccines.gov) or call the [Help Me Grow Washington](https://www.wa.gov/help-me-grow-washington) hotline at 1-800-322- 2588 (language assistance available) to find a flu vaccine location near you.

Most insurance plans, including Apple Health, cover flu vaccines for adults. All children aged 18

and under in Washington can get a flu vaccine and other recommended vaccines at no cost. The provider may charge a fee (called an administration fee) to give the vaccine. You can ask them to waive this fee if you cannot afford it. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can help prevent both flu by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit [www.FluFreeWA.org](http://www.FluFreeWA.org).

Best,

[SIGNATURE]

## Health Care Workers

[SUBJECT: Reminder for 2024/2025 Flu Vaccine]

Hello,

Don't forget to get your flu vaccine this year! It's getting closer to that time of year when many respiratory diseases spread. While the flu can be mild in some, others can become seriously ill or hospitalized. The flu vaccine is your best defense against becoming seriously ill or spreading the flu to at-risk patients. Getting vaccinated will protect you and your patients. It also helps keep our hospitals from being overwhelmed and our communities stay healthy.

The Department of Health recommends a yearly flu vaccination for everyone six months and older, including pregnant and nursing people, and people at higher risk for flu complications. If you work directly with patients, it is especially important to get a flu vaccine and help stop the spread of flu illness to those in your care.

For the best protection, you should get the flu vaccine before the end of October, which is usually when flu viruses start to spread in the community. You can even get your COVID-19 and flu vaccines at the same time. [Replace remainder of paragraph with local flu vaccine site information, if available] Flu vaccines are widely available at many locations near you and may even be offered by your employer. Talk with your human resources department or supervisor to find out what options may be

available at your workplace.

You can also visit [www.vaccines.gov](http://www.vaccines.gov) or call the [Help Me Grow Washington](https://www.wa.gov/help-me-grow-washington) hotline at 1-800-322-2588 (language assistance available) to find a flu vaccine location in your area.

Most insurance plans, including Apple Health, cover flu vaccines at no cost. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can help prevent both flu and COVID-19 by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, staying home when sick, and following any masking guidance from your employer. For more information, please visit [www.FluFreeWa.org](http://www.FluFreeWa.org).

Best,

[SIGNATURE]

## Email Signatures

First Name Last Name

Organization

Phone | Email



Vaccines save lives. And that's more important than ever. Getting the flu vaccine not only protects you, it helps to protect everyone around you. Visit [FluFreeWA.org](http://FluFreeWA.org) to learn more.



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