

FLU SHOTS SAVE LIVES

WHY WOMEN VETERANS NEED FLU SHOTS

FLU SHOTS ARE RECOMMENDED FOR WOMEN VETERANS OF ALL AGES



Flu shots are especially important for:



WHY ARE FLU SHOTS IMPORTANT?



Women Veterans at high risk for COVID-19 complications are also at risk for serious flu complications.

It is possible to be infected with both the flu virus and the COVID-19 virus at the SAME TIME. This can significantly increase the chance of a serious illness.

Flu shots not only reduce risk of flu related illness, but can also prevent flu related hospitalizations and death.

PROTECT YOURSELF & YOUR LOVED ONES

ARE YOU OVER 65?

50-70%
OF SEASONAL FLU-RELATED HOSPITALIZATIONS

have occurred among people in this age group

70-85%
OF SEASONAL FLU-RELATED DEATHS

have occurred in people 65 years and older

Ask for a special **"high dose"** flu shot for people 65+ for the best protection this season

ARE YOU PREGNANT?

THE FLU SHOT MAY PROTECT THE BABY FOR A FEW MONTHS AFTER BIRTH,

an important fact because infants must be 6 months old to get a flu shot.

FLU SHOTS ARE SAFE DURING ALL TRIMESTERS.



The flu shot **reduces** the risk of flu-associated respiratory **infection** in pregnant women by about one-half.



The flu shot **reduces** a pregnant woman's risk of **hospitalization** from the flu by forty percent.

FLU SHOT MYTHS



The flu shot can give you the flu

The flu shot cannot give you the flu. The shot is made either with flu viruses that have been killed or with proteins from dead flu viruses, neither of which can cause the flu.



It's too late to get the flu shot after Thanksgiving

A flu shot can be helpful after Thanksgiving. Flu season may begin in the fall, but usually peaks from December to March and sometimes lasts into May.



The flu shot increases your risk of getting COVID-19

There is no evidence that getting a flu vaccination increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.



Women Veteran Call Center
855-829-6626

Or call your Provider or Women's Health PACT Nurse

DID YOU KNOW?

The flu shot reduces:



WHERE TO GET YOUR FLU SHOT

- Veterans may get a flu shot at VA Medical Center, VA clinic or at a location in the community
- Some VA facilities are offering a flu shot drive through clinic



Must bring VA ID to community partner or participating pharmacy

Find a community location at www.va.gov/communitycare/flushot.asp