



# Flu Season

Flu season is fast approaching. The CDC is strongly recommending that everyone get the flu vaccination this year, especially since we are still dealing with COVID-19.

## **Benefits of the flu vaccine:**

- Helps protect people from getting the flu, or may decrease the severity of the flu if they get it.
- Decreases the number of flu associated hospitalizations.
- Helps protect people with chronic illnesses from getting the flu or severe cases of the flu.
- Helps protect pregnant women from flu illness and hospitalization, and may help provide their unborn babies with protection for several months after birth.

***The CDC recommends that people get the flu vaccine during the months of September and October to get the best protection.***