

GET YOUR FLU SHOT AND KEEP OUR WHOLE COMMUNITY HEALTHY



WHAT IS THE FLU?

The flu is a common viral infection that can be deadly, especially in high-risk groups. Similar to COVID-19, it is a contagious respiratory illness that can be spread person-to-person, often through respiratory droplets. The seasonal flu also can cause many of the same symptoms as COVID-19, including fever, cough, and difficulty breathing.



WHY DO I NEED TO GET A FLU SHOT?

Millions of people get the flu every year, with thousands of hospitalizations and deaths due to the virus. Flu vaccines are usually available in the fall each year, and this year, as we continue to battle the COVID-19 pandemic, it's even more important to be vaccinated against the flu.

Getting your flu shot provides many benefits, including:

- Reducing your risk of getting sick with influenza
- Reducing the severity of illness in people who get vaccinated but still get sick
- Reducing the risk of flu-associated hospitalization and death
- Protecting vulnerable populations from sickness
- Avoiding a mistaken diagnosis of COVID-19
- Preserving healthcare resources amid a pandemic
- Protection against contracting the flu and COVID-19 concurrently

WHEN AND WHERE SHOULD I GET MY FLU SHOT?

As flu season is approaching, the best time to get your flu shot is now! Cascadia offers flu shots through Genoa pharmacy Monday - Friday from 8 AM - 5 PM. To schedule your flu shot appointment, call (503) 253-6754. Flu shots are also available through your primary care provider or local pharmacies.

