COMMUNITY HEALTH WORKER TALKING POINTS ABOUT THE FLU VACCINE

Community health workers know that the best way to get health messages to community members is through word of mouth from people they trust. This is a quick reference about the flu vaccine.

WHAT IS THE FLU?
• Respiratory illness that is more active in fall and winter months.
• Causes mild to severe illness and for some, death

HOW DOES IT SPREAD?
• From people who have the flu to people who don’t
• Flu and COVID-19 will likely spread at the same time

HOW IS IT PREVENTED?
• By getting a yearly flu vaccine
• Recommended for everyone 6 months and older including pregnant women

WHAT ARE THE BENEFITS OF GETTING THE FLU VACCINE?
• Keeps you from getting sick with flu and spreading to others
• Helps you not miss work due to getting the flu
• Lowers the chance of needing to go to the hospital for the flu
• Helps protect pregnant women and their babies from flu
• Significantly lowers a child’s risk of dying from the flu
• Lessens the severity of illness in people who get vaccinated but still get sick

WHAT IF SOMEONE SAYS THE FLU VACCINE MAKES THEM SICK?
• Flu vaccine cannot cause flu illness.
• Mild side effects like a headache or muscle aches may occur. This is a sign the vaccine is working
• It takes two weeks for the flu vaccine to start protecting you. You can still get and spread flu illness during the two week waiting period.

IS IT SAFE TO GO OUT AND GET THE FLU VACCINE?
• Yes. Pharmacies and clinics have safety practices in place to give vaccinations during the COVID-19 pandemic.

WHERE CAN I FIND FLU VACCINE IN MY COMMUNITY?
• Contact local primary care clinics and pharmacies or your health department
• Visit KnockOutFlu.org
• Call the Help Me Grow Washington Hotline at 1-800-322-2588

HOW MUCH DOES IT COST?
• No cost for children under age 19
• No cost for adults on Medicaid or Medicare part B
• Most other health plans cover the flu vaccine at no cost
• Some no-cost flu vaccine for uninsured/underinsured may be available.

For more information about the flu vaccine, visit KnockOutFlu.org