



## **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](https://www.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](https://www.knockoutflu.org)