PROTECT YOURSELF & YOUR FAMILY

Get Vaccinated

Why is NOW the best time to get vaccinated?

• Flu season begins in early October, so now is the perfect time to get vaccinated. Flu vaccine can take up to two weeks to provide protection against the flu.

• You and your family should get vaccinated against seasonal flu before the influenza virus begins to spread throughout the community.

• When more people in a community get vaccinated against the flu, more people are protected—especially those who are most vulnerable like babies, older people and people with chronic health conditions.

Why is a flu shot more important than ever this year?

• Flu vaccination prevents illness, medical visits, and hospitalizations at a time when hospitals and healthcare workers are already overwhelmed with COVID-19.

• A flu shot can stop you from spreading the flu to older people or individuals with chronic health conditions, who may be especially vulnerable to both flu and COVID-19.

• Vaccinating pregnant women against the flu can help protect mom and baby from flu infection for several months after the baby is born.

It is important to get a flu shot every year – but this year the need is critical. Seasonal influenza and COVID-19 both attack the respiratory system, and having one can make you more vulnerable to the other. Flu can lead to serious illness, hospitalization, or even death. Getting a flu shot is the best way to protect yourself and your family from getting the flu.

Ask your health care provider for a shot, or find a free public flu clinic at marylandvax.org

For more information about seasonal flu, visit health.maryland.gov/flu