



# The 2020 Flu Shot is More Important than Ever

Information for Your Patients

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\* 2020 Flu Vaccine

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\*AMA (American Medical Association)

\*CDC (Centers for Disease Control and Prevention)

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While some people incorrectly believe getting a flu shot is worthless or **gives you the flu**, it actually is actually one of the most important things you can do for your health and others'—especially in the middle of the coronavirus pandemic.

Coronavirus' prevalence in the U.S. this year means you really do not want the flu. A combination of both viruses, or one after the other, may mean bad news for your health, respiratory health and overall ability to recover. Experts are not sure what having both could mean for your health.

People who can avoid the flu will help reduce the burden on a U.S. health care system already overwhelmed by COVID-19," said Mark Thompson, an epidemiologist in the Influenza Division at the Centers for Disease Control and Prevention.

Emergency rooms and urgent care clinics are already overwhelmed flu patients during winter months. Getting a flu shot can keep you from getting sick and prevent you from co-mingling flu patients with COVID-19 patients, who can infect each other and spread their viruses to other patients.

Often times, too, the vaccine can lessen a person's severity of flu symptoms, even if they do get the flu. If you get a flu shot and then get the flu, you may be less likely to get a severe case. That could make it less likely you'll head to the doctor or the ER — just when they're filled with COVID-19 patients

The AMA recommends reaching out to your local doctor's office to see where the nearest place to get a flu shot might be. Usually, flu shots are free for anyone with Medicare Part B, employer health insurance or other insurance that conforms to the Affordable Care Act, as well as for many Medicaid beneficiaries. You also might be able to ask your employer if they are offering any onsite locations to get your shot.

During the coronavirus pandemic, getting immunized against the flu is vital for your health and others, especially as the colder months approach.