

# THE MOST EFFECTIVE WAY TO REDUCE THE RISK OF FLU IS TO GET A YEARLY FLU VACCINE.



Anyone **6 months** and older, with rare exception, should get the flu vaccine **every year**



The **flu** vaccine and **COVID-19** vaccine can be given at the **same time**, if eligible and timing coincides



Flu is **still circulating**, so it's not too late to get your **flu vaccine**



## THERE ARE OTHER WAYS YOU CAN HELP STOP THE SPREAD OF THE FLU AND REDUCE YOUR RISK FOR ILLNESS.

- **Wash your hands** frequently with soap and water for at least 20 seconds
- **Stay home** if you're sick
- Cough and sneeze **into your elbow**



Visit VDH's flu website for more information.

<https://www.vdh.virginia.gov/epidemiology/influenza-flu-in-virginia/>