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.