



THE 2024-2025 FLU SEASON IS HERE!

Getting an annual vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to the flu, as well as prevent flu-related hospitalizations.

Schedule appointments via the [healow app](#) (practice code: DAAEBD), through the Patient Portal at www.my-patientportal.com or by contacting the **Patient Support Team's #** on your Health & Resource Hub.

IMPORTANT! INSIGHTS ON FLU VACCINES & COVID-19

BEFORE GETTING THE FLU VACCINE, PLEASE ASK YOURSELF THE FOLLOWING QUESTIONS:

- 1) In the past 10 days have you had contact with a confirmed COVID-19 patient, been tested for COVID-19 or have had a work place exposure with a COVID-19 patient?
- 2) Do you have any of the following symptoms: fever, new onset or worsened shortness of breath, unexplained-cough, sore throat, muscle or body aches, or new loss of taste or smell?

If you answer "YES" to any of the above mentioned, a flu vaccine may not be right for you at this time. **When you can answer "NO" to all questions, please contact the Patient Support Team at to schedule an appointment for a flu vaccine.**

SHOULD A FLU VACCINE BE GIVEN TO SOMEONE WITH SUSPECTED OR CONFIRMED COVID-19?

No. Vaccination should be postponed for people with suspected or confirmed COVID-19, regardless of whether they have symptoms, until they have met the criteria to come out of isolation.

NOTE: Flu vaccines and COVID-19 vaccines can be given at the same time.

WHY IS IT IMPORTANT FOR INFLUENZA (FLU) VACCINES TO BE GIVEN?

The Centers for Disease Control and Prevention show that people who are vaccinated against flu are 40% to 70% less likely to be hospitalized because of flu illness or related complications.

Visit link below for the CDC's Frequently Asked Influenza Questions for the 2024-2025 Season
[qrco.de/beGFvI](https://www.cdc.gov/flu/season/faq-flu-season-2024-2025.htm)

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