



READ TIME:
3 MINUTES



CONTENT SOURCE:
[CLICK HERE](#)

Flu Shots Can Keep You Healthy

It's that time of year again!

Flu shot clinics are popping up around our communities in workplaces, pharmacies, and doctor's offices. Health care professionals are working hard to make sure that getting a flu shot is quick and convenient for the general public. If you're an individual who gets the flu shot each year, but haven't yet, there's no better time than the present! Maybe you're one of those people who has never gotten a flu shot and have managed to avoid catching the flu. Each year the Center for Disease Control and Prevention share some benefits of receiving the flu vaccination. Hopefully, after reading about its benefits, each one of you will consider protecting yourself and others from the flu by getting the shot.

Flu vaccination can keep you from getting sick with flu.

This is the first and most obvious benefit of the vaccine. In seasons when the vaccine viruses matched circulating strains, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40–60%.

Flu vaccination can reduce the risk of flu-associated hospitalization for children, working-age adults, and older adults.

If you don't get the flu shot to protect yourself, at least get it to protect those around you who may have weakened immune systems! Flu vaccine prevents tens of thousands of hospitalizations each year. For example, during 2016–2017, flu vaccination prevented an estimated 85,000 flu-related hospitalizations.



Vaccination helps protect women during and after pregnancy.

Vaccination reduces the risk of flu-associated acute respiratory infection in pregnant women by up to one-half. Getting vaccinated can also protect a baby after birth from flu by allowing the mom to pass antibodies to the developing baby during her pregnancy.

Information and Additional Resources

For more information on flu vaccinations including Frequently Asked Questions, please visit the [Center for Disease Control and Prevention's website](#).

As a benefit-eligible, system office employee you're eligible for a free or reduced cost flu shot! [More resources available at each university.](#)

If these resources are not convenient for you, please check with local pharmacies and health providers in your area. ■