

Flu Season is coming

Protect yourself and your family

The Centers for Disease Control recommends everyone 6 months and older get the flu vaccine, and for the most effective protection to get the shot before the end of October. This allows time for antibodies to develop ahead of the peak flu season.

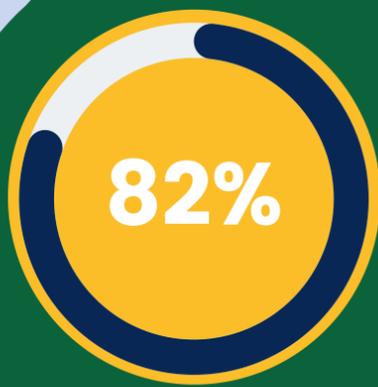
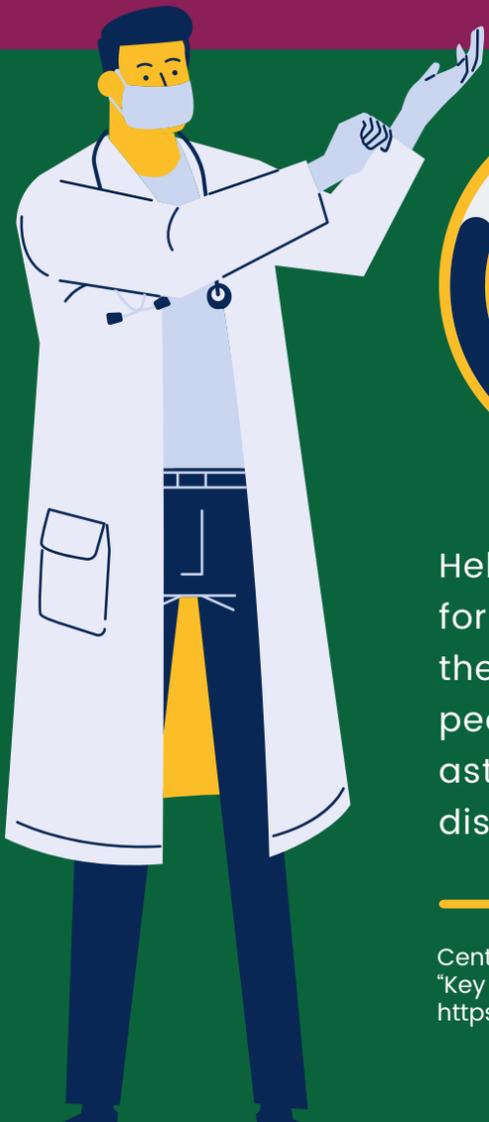
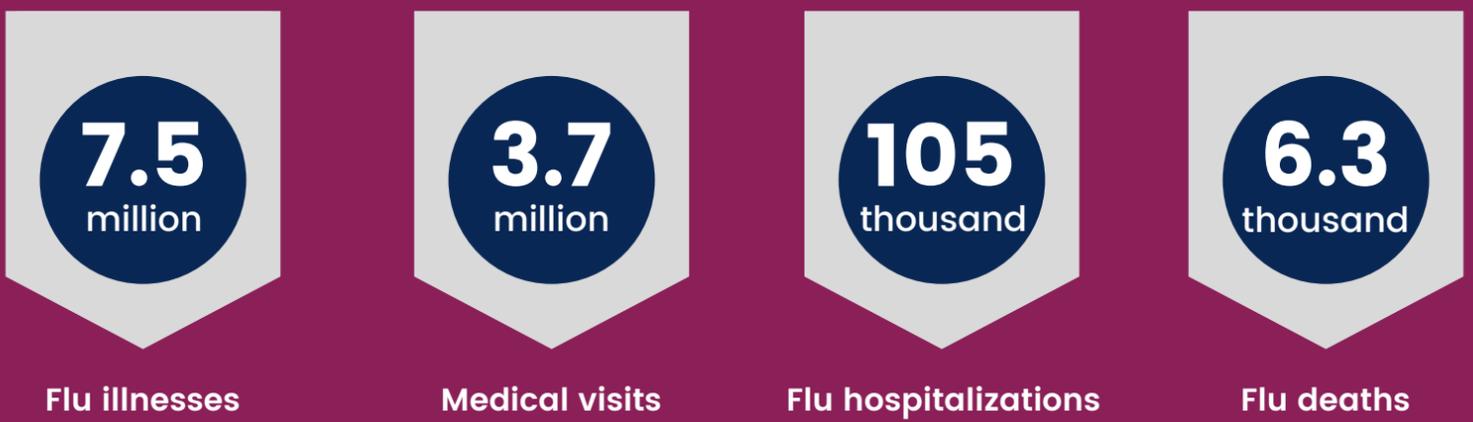
Centers for Disease Control and Prevention, "Who Needs a Flu Vaccine and When". May 6, 2021. <https://www.cdc.gov/flu/prevent/vaccinations.htm>



Your flu shot is covered by your SCHOOLCARE health plan. You can receive a \$75 incentive that will show up in your myCigna account beginning in January 2022.



According to data from the CDC, vaccinations for the 2019-20 flu season prevented an estimated:



Studies have also shown the vaccine reduced the risk of flu-related ICU admissions by 82% among adults and 74% among children.

Help protect people at higher risk for flu complications, including the elderly, young children, and people with chronic conditions like asthma, diabetes, and heart disease.



Centers for Disease Control and Prevention, "Key Facts About Seasonal Flu Vaccine". May 6, 2021. <https://www.cdc.gov/flu/prevent/keyfacts.htm>

Find more information on the CDC flu resource page.

<https://www.cdc.gov/flu/season/index.html>

