

Sick Season is here. Get your flu shot now.

The flu has been around forever, but it changes each year. Thankfully, updated vaccines fight the virus and keep you and your loved ones safe.



Don't let the flu keep you away from time with family and friends, school and work. Get your shot.



No need for several trips. It is perfectly ok to get your flu shot and COVID-19 vaccine at the same time.



Those ages 5 and under, pregnant, over 65 or with a chronic medical condition (like diabetes or asthma) are at even higher risk of getting really sick from the flu.



People are contagious before they show symptoms, which is why getting vaccinated is so important.



The flu can be spread through coughing, sneezing or even talking with someone who is infected.



Your health care provider is the best source for vaccine questions. Contact them directly.

The flu shot is available at pharmacies, doctor's offices, community clinics and local health departments.

Go to [MySpot.nc.gov](https://www.myspot.nc.gov) to learn more about how to protect yourself and your family.

