**Flu shot talking points**

There are many myths about the flu vaccine. Use these facts to create a post on LinkedIn or a message to your community.

**Healthy people should get the flu shot.** The health and safety of our community is paramount. Even if you’re currently healthy, we encourage you to get a flu vaccine. One in three people with the flu don’t show any symptoms but can still spread it to other people who may get seriously ill.

**African American and Latinx/Hispanic populations are at higher risk.** Evidence showsAfrican Americans and Latinx/Hispanic populations are at higher risk of getting very sick from the flu and are also less likely to get flu vaccinations.

**People with other medical conditions should take special care.** We know that people with other medical conditions like heart problems, lung problems, or diabetes are at higher risk of having serious complications if they get the flu. Getting the flu shot will help.

**Allergic reactions are rare.** Severe allergic reactions to the flu shot are very rare, and any side effects are generally mild and go away within a few days.

**Do your part!** Flu shots help keep you and your loved ones healthy throughout flu season. If you do get the flu, your risk of hospitalization will be more than 50 percent lower. Also, your risk of heart attack or stroke will be 36 percent lower for the year.

**Flu weakens your immune system.** A person who gets the flu is susceptible to more serious illnesses, including COVID-19. If you get the flu, the risk of getting sicker with COVID-19 will also go up.

**Thousands of people die each year from the flu.** During the 2019-2020 flu season, the Centers for Disease Control and Prevention estimate that flu was associated with 38 million illnesses, 18 million medical visits, 405,000 hospitalizations, and 22,000 deaths.

**Masks don’t take the place of a flu shot.** Even though we are wearing masks as an important way to protect each other from respiratory viruses, it does not take the place of getting a flu shot. The protection you get from a flu shot will add to the protection you get from wearing a mask.

**Get your flu shot today.** Go to stopflu.org to find your closest flu vaccine.