

Knock Out Flu.

KnockOutFlu.org

Drop-In Article Templates

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General Audience

It's more important than ever to get vaccinated against the flu. The flu vaccine can keep you from getting or spreading the flu to others during the [COVID-19 pandemic](#). It also helps keep our hospitals from being overwhelmed. The Department of Health recommends a yearly flu vaccination for everyone six months and older, including people who are pregnant, nursing, or at higher risk for flu complications.

You should get a flu vaccine early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in your community. You can even get your COVID-19 and flu vaccines at the same time. Flu vaccines are widely available at many locations near you, including pharmacies, doctor's offices, and even community events. Call the [Help Me Grow Washington hotline](#) at 1-800-322-2588 (language assistance available) to find a flu vaccine location near you.

Flu vaccines for adults are covered by most insurance plans, including Medicaid and Medicare part B, and all children aged 18 and under in Washington can get a flu vaccine and other recommended vaccines at no cost. The provider may charge a fee (called an administration fee) to give the vaccine. You can ask them to waive this fee if you cannot afford it. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can help prevent both flu and COVID-19 by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.knockoutflu.org.

Older Adults

It's more important than ever to get vaccinated against the flu. The flu vaccine can keep you from getting or spreading the flu to others during the [COVID-19 pandemic](#). It also helps prevent our hospitals from being overwhelmed. The Department of Health recommends a yearly flu vaccination for everyone six months and older. Flu vaccines are especially important for [adults 65 and older](#) and [people with certain medical conditions](#) to reduce the risk of serious complications from the flu.

You should get a flu vaccine early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in your community. There are additional kinds of flu vaccine available for adults aged 65 and older meant to provide a stronger immune response. Ask your provider or pharmacist which vaccine is right for you. You can even get your COVID-19 and flu vaccines at the same time.

Flu vaccines are widely available at many locations near you, including pharmacies, doctor's offices, and even community events. Call the [Help Me Grow Washington hotline](#) at 1-800-322-2588 (language assistance available) to find a flu vaccine location near you. Flu vaccines are covered by most insurance, including Medicare part B. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can also help prevent both flu and COVID-19 by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.knockoutflu.org.

People at higher risk for complications

It's more important than ever to get vaccinated against the flu. The flu vaccine can keep you from getting or spreading the flu to others during the [COVID-19 pandemic](#). It also helps prevent our hospitals from being overwhelmed. The Department of Health recommends a yearly flu vaccination for everyone six months and older. Flu vaccines are especially important for [people who are at higher risk of having complications from flu](#), including [older adults](#) (65 and older), people with chronic health conditions, young children (5 and younger), and [pregnant people](#).

You should get a flu vaccine early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in your community. You can even get your COVID-19 and flu vaccines at the same time. Flu vaccines are widely available at many locations near you, including pharmacies, doctor's offices, and even community events. Call the [Help Me Grow Washington hotline](#) at 1-800-322-2588 (language assistance available) to find a flu vaccine location near you.

Flu vaccines for adults are covered by most insurance plans, including Medicaid and Medicare part B. All children aged 18 and under in Washington can get a flu vaccine and other recommended vaccines at no cost. The provider may charge a fee (called an

administration fee) to give the vaccine. You can ask them to waive this fee if you cannot afford it. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can also help prevent both flu and COVID-19 by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.knockoutflu.org.

Health care workers

It's more important than ever to get vaccinated against the flu. The flu vaccine can keep you from getting sick or spreading the flu to others during the [COVID-19 pandemic](#). Getting vaccinated will protect you and your patients. It also helps keep our hospitals from being overwhelmed and our community healthy. The Department of Health recommends a yearly flu vaccination for everyone six months and older, including people who are pregnant, nursing, or at higher risk for flu complications.

For the best protection, you should get the flu vaccine before the end of October, which is usually when flu viruses start to spread in the community. You can even get your COVID-19 and flu vaccines at the same time. Flu vaccines are widely available at many locations near you and may even be offered by your employer. Talk with your human resources department to find out what options may be available. You can also call the [Help Me Grow Washington hotline](#) at 1-800-322-2588 (language assistance available) to find a flu vaccine location in your area.

Flu vaccine is covered by most insurance providers at no cost. If you do not have health insurance, you may be able to get a flu vaccine at no cost. Check with your [local health department](#) for more information.

You can help prevent both flu and COVID-19 by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.knockoutflu.org.

Schools

Dear parents and guardians,

It's more important than ever to get your family vaccinated against the flu. While we are taking precautions to keep our schools clean, we expect the flu may go around this year now that many of our children are back in the building. The flu vaccine can prevent you and your family from getting sick or spreading the flu during the [COVID-19 pandemic](#).

The Department of Health recommends a yearly flu vaccination for everyone aged six months and older, including people who are pregnant, nursing, or at higher risk for flu

complications. For the best protection, your family should get vaccinated for flu early in the fall, preferably before the end of October, to be protected before flu viruses start to spread in our community. You can even get your COVID-19 and flu vaccines at the same time.

Flu vaccines are available at many locations near you, including pharmacies, doctor's offices, and even community events. Call the [Help Me Grow Washington hotline](#) at 1-800-322-2588 (language assistance available) for more information. **All children aged 18 and under in Washington can get flu vaccine and other recommended vaccines at no cost.** The provider may charge a fee (called an administration fee) to give the vaccine. You can ask them to waive this fee if you cannot afford it.

You can help prevent both COVID-19 and flu by washing your hands with soap and water for 20 seconds, covering your coughs and sneezes, and staying home when sick. For more information, please visit www.knockoutflu.org.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.