

# Knock Out Flu.

KnockOutFlu.org

## Email Templates

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### General Audience

[SUBJECT: Reminder for 2021/2022 Flu Vaccine]

Hello,

Don't forget to get your flu vaccine this year! We expect both influenza and coronavirus could circulate this fall and winter, so it is more important than ever to get vaccinated against the flu. The flu vaccine can keep you, your community, and your loved ones from getting sick or spreading the flu to others. It also helps prevent our hospitals from being overwhelmed. Think of it as your best defense.

The Washington State Department of Health recommends everyone six months and older get a yearly flu vaccination. It is especially important for people who are at higher risk of complications from flu, including:

- Adults 65 and older
- Children 5 and younger
- Pregnant and nursing women
- People with chronic health conditions

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.



DOH 825-005 October 2021

Call the [Help Me Grow Washington hotline](#) at 1-800-322-2588 (language assistance available) to find a flu vaccine location near you.

Most insurance plans, including Medicaid and Medicare part B, cover flu vaccines for adults. 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](http://www.knockoutflu.org).

Best,

[SIGNATURE]

## Health Care Workers

[SUBJECT: Reminder for 2021/2022 Flu Vaccine]

Hello,

Don't forget to get your flu vaccine this year! We expect both influenza and coronavirus could circulate this fall and winter, so it is 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 communities stay healthy.

The Department of Health recommends a yearly flu vaccination for everyone six months and older, including pregnant and nursing women, and people at higher risk for flu complications. If you work directly with patients, it is especially important to get a flu vaccine and help stop the spread of flu illness to those in your care.

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. [\[Replace remainder of paragraph with local flu vaccine site information, if available\]](#) Flu vaccines are widely available at many locations near you and may even be offered by your employer. Talk with your human resources department or supervisor to find out what options may be available at your workplace. 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.

Most insurance providers cover flu vaccines 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](http://www.knockoutflu.org).

Best,

[SIGNATURE]

## Email Signatures

**First Name Last Name**

Organization Name

Phone | Email

[Get a flu vaccine >](#) [KnockOutFlu.org](http://KnockOutFlu.org)

**Vaccines save lives. And that's more important than ever. Getting the flu vaccine not only protects you, it helps to protect everyone around you.**

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](mailto:civil.rights@doh.wa.gov).