DPHIMMUNIZE 34181

Newsletter content

Revised: 10.04.21

**FIVE WAYS TO OUTPOWER THE FLU THIS SEASON**

[**Start by finding a location to get your flu vaccine and making an appointment**](https://dhss.delaware.gov/dhss/dph/flu.html)**.**

[**FIND OUT WHERE TO GET YOUR FREE FLU VACCINE**](https://dhss.delaware.gov/dhss/dph/flu.html)

**The first — and best — line of defense for everyone 6 months and older.**

This year, the flu is making a comeback. So we’ve teamed up with the Delaware Division of Public Health (DPH) to make sure every person we serve — and every person they care for — does what they need to do to remain flu-free and healthy! Here are five top things to know and do.

**#1 Get the flu vaccine as soon as possible.**

The flu vaccine is the first and most important step you can take to protect yourself against the flu. The flu vaccine is **safe** for individuals 6 months and older; **free** to most Delawareans, even if you do not have insurance; very important for groups at higher risk, such as seniors, women who are pregnant, young children, and people with chronic health conditions; and something you should get **every year.**

**#2 Don’t be fooled by the flu in hiding!**

Because the number of cases dropped last year, many people think the flu has disappeared. The fact is that *the threat of the flu to your health is as strong as ever*. With pandemic practices easing, more Delawareans are interacting outside the home, more public events are happening, and fewer people are wearing masks. These things make it easier for the flu to spread.

**#3 Take the flu seriously.**

Remember, the flu is a serious illness. It can potentially make you very sick, put you in the hospital, or even cause death. Prior to the rare pandemic year, the Centers for Disease Control and Prevention (CDC) estimated the flu caused millions of people to get ill and resulted in thousands of hospital stays and thousands of deaths.

**#4 Prevent the spread of germs and the flu virus.**

Stay home and try not to interact with others if you are sick — and avoid people you know are sick. Even if you feel fine, cover your mouth and nose when you cough or sneeze. Wash your hands often and clean frequently used surfaces, such as desktops and door handles.

**#5 Take care of the people you care about.**

If you are responsible for someone else’s well-being — children, parents, elderly neighbors, and so forth — make sure they practice tips 1-3 too! Start with making sure they get a flu vaccine, and if they need it, assist them with getting to a vaccination location.

Get more flu facts at [flu.delaware.gov](https://dhss.delaware.gov/dhss/dph/flu.html) and ask your employer if you can get a flu vaccine at work.