

# Have You Gotten Your Flu Shot?

## *Did You Know?*

**Flu Season is NOW!** Each year, flu season runs from September through March. This is the time of year where flu viruses are likely to circulate. The best protection for yourself and loved ones is getting the flu shot **EACH YEAR**.



## *Who Should Get the Flu Shot?*

**EVERYONE!** The flu shot is recommended for everyone who is over 6 months of age. Remember, you should get the flu shot **EACH YEAR**, as the types of virus that can circulate may change.



Remember, it can take up to 2 weeks for the flu shot to fully protect you from the flu virus. Get your vaccine as soon as possible.

## *Where Can I Get a Flu Shot?*

Flu vaccinations are available in a lot of convenient locations. Many locations accept insurance or have a low out of pocket cost. Use the list below to help find a location near you:

- Local Pharmacy
- Health Care Providers



You can also find all locations near you offering clinics and/or vaccines at:

<https://www.cdc.gov/flu/freeresources/flu-finder-widget.html>



Westfield Regional Health Department

<http://www.westfieldnj.gov/health>