



If you work in a clinical setting—seeing patients, managing the front desk or performing other vital duties—then protecting yourself, your patients, and co-workers against flu is more important than ever! While flu vaccines do not prevent COVID-19, they do reduce illnesses, hospitalizations, and deaths due to flu, saving limited resources to care for people with COVID-19. Also, [Flu and COVID-19 symptoms often look alike](#)—those with symptoms will likely have to get tested for both and miss workdays. No one has time for flu.



Set an Example: Get vaccinated against flu!

Everyone over 6 months of age is recommended to get a flu vaccination. Do it for yourself, your family, your patients, and your practice. **We are stronger when we are all protected.** Getting vaccinated also sends an important message to patients: I got my flu vaccine—you should, too!

Many California counties require health care workers to be immunized. Check with your employer or local health department regarding local requirements.

Promote flu vaccination with these resources

- [If You Work in a Healthcare Setting, Get Your Flu Vaccine | Spanish](#)
- [#DontWaitVaccinate Flu Campaign toolkit](#)
- [“I Won’t Spread Flu”](#) flyer (CDC)
- [Flu vaccine buttons and stickers](#) (order from Immunization Action Coalition)

Share a personal flu story



[Cecilia's Story](#)

Cecilia and her husband were healthy, so they didn't think they needed flu shots. Michael's flu was miserable but brief. Cecilia's flu landed her in a coma where she lost her battle. Michael's deepest regret is not taking flu seriously.

Visit [this CDC webpage](#)