

FIGHT THE FLU:

IT'S IMPORTANT TO THE DISABILITY COMMUNITY



RECOMMENDATIONS FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

This year, getting a flu vaccine is more important than ever. The flu shot is the best way to protect against the flu. It reduces the risk of serious flu-related illness requiring care in hospitals already strained by the COVID-19 pandemic. This fact sheet explains why getting the flu shot is important to the disability community and provides recommendations and resources from the CDC.

The flu shot is important for people with disabilities and all those around them.

It is important for everyone to get the flu shot. The CDC recommends that everyone older than 6 months get a flu vaccine to reduce serious illness and complications.

People with disabilities may be at risk of getting the flu and having symptoms go unrecognized because they:

- may not be able to avoid coming into contact with others who may have the flu, like family or support staff
- may not understand or practice healthy habits to prevent the flu, like handwashing or avoiding people who are sick
- may not be able to communicate if they are sick

People with certain types of disabilities have a higher risk of developing serious complications from the flu. People with disabilities and their families, friends, and supporters all play an important role in reducing the risk of serious flu by getting a flu shot.

Get Your Flu Shot Today!

Getting a flu vaccine is quick easy, and affordable- sometimes even free! Flu shots are offered at doctor's offices, pharmacies, and supermarkets. Your neighborhood might hold flu vaccination clinics at community centers, schools, or municipal buildings. Get vaccinated at a location near you.



FLU FACT:

The flu shot will not protect against COVID-19, but it will reduce the risk of having serious flu-related illness at the same time as COVID-19.

Resources from the Centers for Disease Control and Prevention:

- *Key Facts About Seasonal Flu Vaccine:* <https://www.cdc.gov/flu/prevent/keyfacts.htm>
- *Healthy Habits to Help Prevent Flu:* <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>
- *People at High Risk for Flu Complications:* <https://www.cdc.gov/flu/highrisk/index.htm>
- *VaccineFinder:* <https://www.vaccinefinder.org/>

Do you need to help a person with a disability feel comfortable about getting the flu shot?

Check out The Boggs Center's *Getting a Flu Shot: A Social Story for People with Intellectual and Developmental Disabilities:*
<https://rwjms.rutgers.edu/boggscenter/publications/documents/GettingaFluShotSocialStoryPWIDD-F.pdf>



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