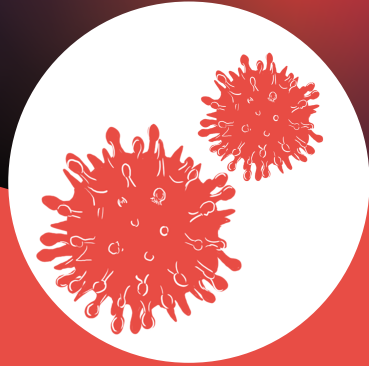# GET YOUR FLU VACCINE

### WHAT IS THE FLU

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that can cause mild to severe illness.

### THERE ARE TWO MAIN TYPES OF INFLUENZA VIRUS

Type A and Type B both change and mutate frequently making it important to vaccinate every year.

### COMMON SIGNS AND SYMPTOMS

Persons may have some or all of the following: fever,chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and sometimes vomiting and diarrhea.

## BENEFITS OF GETTING A FLU VACCINE

• The flu vaccine can prevent you from getting sick with the flu and lessen the spread of the flu through herd immunity.

• The flu vaccine is an important preventative measure for people with chronic health conditions.

• The flu vaccine can reduce the severity of illness in people who get vaccinated but still get sick.

• Getting vaccinated may also protect those around you, especially immunocompromised populations.

• Flu vaccination helps protect women during and after pregnancy.

## IMPORTANCE OF GETTING A FLU VACCINE WITH COVID-19

Infection with influenza at the same time as the coronavirus can have devastating outcomes.

A simultaneous flu and COVID-19 surge has the potential to overwhelm the nation's healthcare system.

## SCAN THE QR CODE

For more information on the flu vaccine and where you can get a flu shot visit:
**www.latech.edu/coronavirus**

**Tech Care has the flu vaccine avaliable to students. Bring your insurance card and school ID.**