**Why is it important to get a flu shot this year?**

**Flu is a serious health risk for older people.**
- The CDC estimates that 70 – 85% of flu-related deaths happen in people who are age 65 and older. Most people flu-related hospitalizations are in this age group.
- Diabetes, heart disease, asthma and other medical conditions also increase your risk with flu.

**Getting a flu shot protects against serious illness and complications.**
- If someone who is vaccinated does get the flu, research shows that they will have a milder case and be much less likely to be hospitalized.

**Getting a flu shot will make it easier for you and your primary care provider to decide how to treat any viral infection this winter.**
- There is a lot of overlap between flu symptoms and early COVID-19 symptoms. If you have any symptoms and you have had the flu vaccine, that will be useful information to help decide on the best course of testing and treatment for you.

**This year, there are special high-dose versions of the flu shot that provide more protection for people 65 years and older.**
- People in this age group need high-dose versions because their immune systems do not produce as strong an immune response after getting the regular-dose vaccine.

**Where can I get a flu shot?**
- You can get a flu shot from many pharmacies, clinics, or at one of the drive-through or mobile vaccination clinics sponsored by the health department. Click here to go to Public Health’s webpage to look at options available: [https://kingcounty.gov/depts/health/communicable-diseases/immunization/clinics.aspx](https://kingcounty.gov/depts/health/communicable-diseases/immunization/clinics.aspx)
- Medicare and Medicaid cover 100% of the cost of a flu shot. Even if you do not have health insurance, you can find no-cost options on the webpage.

**Need help over the phone finding a flu shot?**
- Call Community Living Connections ([https://www.communitylivingconnections.org/](https://www.communitylivingconnections.org/)) toll-free 1-844-348-5464 for help in finding a pharmacy or vaccine clinic near you. Callers will hear a recording in English and Spanish. Callers can press 6 for assistance in Spanish or stay on the line to ask for interpretation in other languages. All calls are free and confidential.

**Need transportation to get to a vaccination clinic or pharmacy?**
- Hyde Shuttle provides door-to-door van service throughout many communities in King County for adults, 55 and older, and persons with disabilities:
  - Request a ride by phone at 206.727.6262, press 1 and stay on the line to ask for interpretation in other languages.
  - Or register on-line by clicking here: [https://hydeshuttle.org](https://hydeshuttle.org) and click on Request a Ride (on-line is in English only).

- If you have a disability and cannot use a bus or light rail, you may want to sign up for Access Metro Transportation. Click this link to access their website: [https://bit.ly/2GRuwLK](https://bit.ly/2GRuwLK). Contact the Access Metro Transportation Call Center at 206-205-5000 for assistance. For Spanish press 2, for all other languages press 1 for English, select option 2 for a call taker. Currently, people with disabilities with immediate transportation needs do not need to be certified for Access service.