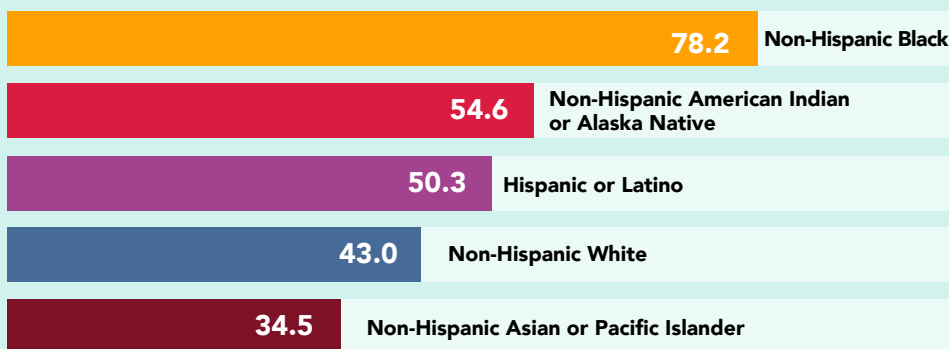


Protect Yourself Get the flu vaccine

People from racial and ethnic minority groups are more likely to get the flu, more likely to be hospitalized with the flu, and more likely to have complications from the flu.

Age-adjusted influenza-associated hospitalization rates by race/ethnicity from 2009-10 to 2021-22, per 100,000



Rates per 100,000 population

* Rates are statistically adjusted to account for differences in age distributions within race/ethnicity strata in the FluSurv-NET catchment area. Rates are preliminary and not yet published. For more information on the methodology used this analysis, visit: Influenza Hospitalization Surveillance Network (FluSurv.NET).

Source: Centers for Disease Control and Prevention

Getting a flu shot will lessen your risk of getting a severe case of the flu, which can keep you out of the hospital.

The Centers for Disease Control and Prevention recommends that everyone 6 months and older get a flu vaccine every year.

Find a flu shot near you

Enter your zip code at [vaccines.gov](https://www.vaccines.gov) or [vaccinefinder.org](https://www.vaccinefinder.org) to help you locate options near you.

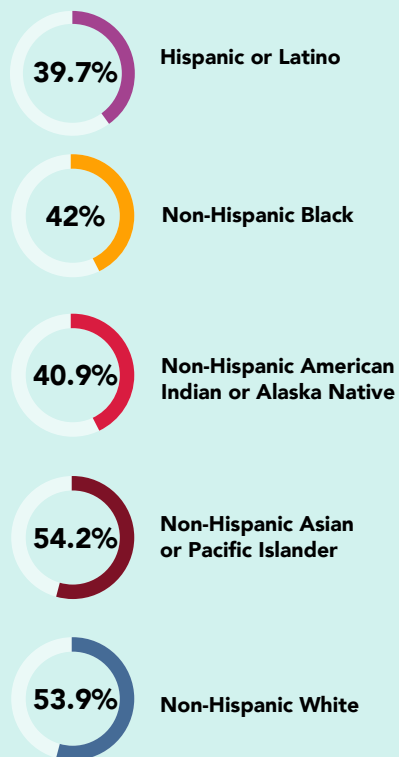
With insurance your flu shot will likely be free

If you don't have insurance, compare costs at [GoodRx](https://www.goodrx.com) (prepare to pay up front before receiving the flu shot). Many health departments and free clinics offer low-cost or free flu shots across the U.S.



The flu vaccine is safe. There are very few side effects.

Influenza Vaccination Coverage by Race and Ethnicity 2021-22 Influenza Season:



Source: Centers for Disease Control and Prevention