

## Sample Newsletter Article

### **Protect yourself and your family — Roll up your sleeve and get a flu shot before the holidays!**

With the holidays coming up, we are worried about protecting our loved ones from COVID-19. But flu season has also started. Did you get your flu shot yet? It's not too late, but it does take two weeks for the shot to start working. With the focus on COVID-19, many people are forgetting about their annual flu shot. If you get a flu shot now while you are healthy, your body can start building ways to fight it. Plus, people who have the flu shot and then get the flu, are often not as sick.

Doctors recommend flu shots for anyone over six months old, but especially for anyone in the groups below as they have a higher rate of the flu's more serious effects and being sicker with the flu:

- adults over 65 years old
- those with medical conditions like diabetes or heart disease
- African Americans, Latinos or Native Americans
- health care workers
- essential workers such as bus drivers and grocery store clerks
- babies over 6 months old
- kids under 5 years old

Protecting yourself against the flu also helps to protect others. When more people get flu shots, it's harder for the flu to spread in a community.

Getting a flu shot every year will keep you healthier. The flu shot is different every year because the germs that cause the flu change every year. Flu shots help us to build up defenses in our bodies to protect us from the flu.

Handwashing, avoiding sick people and wearing a mask are important ways to prevent the spread of germs and we should all continue to do these activities to avoid catching the flu or COVID-19. The flu shot is not made from live germs so you cannot get the flu from the flu shot.

So, roll up your sleeve and get your flu shot as soon as you can. To find out more and see where to get a flu shot, visit [nkfm.org/flu](https://nkfm.org/flu).

This message comes from the National Kidney Foundation of Michigan and the CDC to remind people how important it is to get a flu shot, especially this year.