



FLU SEASON IS HERE.

**Protect yourself.
Protect your family.**

Across the state, more than 1,600 New Yorkers were hospitalized for flu in just one week. [WorkWell NYC](#) wants you to be protected by reminding you that **it's not too late to receive a flu shot**. Don't let the flu catch you too!

Here are three convenient ways to get you and your family protected with a **\$0 copay** flu shot:

	Drop in at a <u>participating</u> pharmacy
	Make an appointment with your <u>in-network</u> doctor
	<u>Schedule an appointment</u> with <u>AdvantageCare Physicians</u>

Here are a few answers to your **frequently asked questions** about the flu shot.

For more information, visit the [WorkWell NYC](#) flu page.

Is the flu shot effective?

The flu shot is **the most effective way to protect yourself** and your loved ones from getting the flu and spreading it to others around you.

Do I still need the shot if I am young and healthy?

Anyone can get very sick from the flu virus, including healthy people. By getting the flu shot, you are protecting yourself and your loved ones.

Can I get sick from the flu shot?

You cannot get the flu from the flu shot. However, some people experience mild side effects such as soreness, redness and swelling where the shot was given.

WorkWell NYC
healthy workforce. healthy city.

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