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| [C:\Users\sakara\Downloads\flu season is here.protect yourself.protect your family..png](http://on.nyc.gov/2AFumj1) | |
| 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](http://on.nyc.gov/2AFumj1) 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: | |
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|  | Drop in at a [participating](http://on.nyc.gov/2ro73cJ) pharmacy |
|  | Make an appointment with your [in-network doctor](http://on.nyc.gov/2FxPhHg) |
|  | [Schedule an appointment](http://bit.ly/2v6Qqj9) with [AdvantageCare Physicians](http://bit.ly/2v6Qqj9) |

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| Here are a few answers to your frequently asked questions about the flu shot.  For more information, visit the [WorkWell NYC](http://on.nyc.gov/2DwQDnh) flu page. | |
|  | 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. |
|  | **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. |
|  | **You cannot get the flu from the flu shot.** However, some people experience mild side effectssuch as soreness, redness and swelling where the shot was given. |
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