The flu shot reduces a pregnant woman’s risk of hospitalization from the flu by forty percent.

Women Veterans at high risk for COVID-19 complications are also at risk for serious flu complications.

It is possible to be infected with both the flu virus and the COVID-19 virus at the SAME TIME. This can significantly increase the chance of a serious illness.

Flu shots not only reduce risk of flu related illness, but can also prevent flu related hospitalizations and death.

The flu shot cannot give you the flu. The shot is made either with flu viruses that have been killed or with proteins from dead flu viruses, neither of which can cause the flu.

The flu shot reduces the risk of flu-associated respiratory infection in pregnant women by about one-half.

The flu shot reduces the risk of getting sick from a coronavirus, like the one that causes COVID-19.

Women Veterans at high risk for COVID-19 complications are also at risk for serious flu complications.

Flu shots are especially important for:
- Women Over 65
- Women with chronic illness
- Pregnant Women

Are you over 65?
- 50-70% of seasonal flu-related hospitalizations
- 70-85% of seasonal flu-related deaths

Are you pregnant?
- The flu shot may protect the baby for a few months after birth.
- The flu shot reduces the risk of flu-associated respiratory infection in pregnant women by about one-half.

Flu shots are safe during all trimesters.