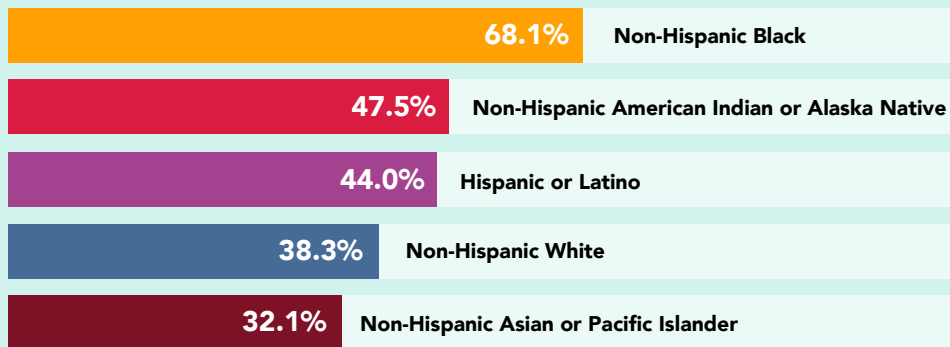


# Protect Yourself Get the flu vaccine

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-related Hospitalizations by Race/Ethnicity 2009-2010 through 2018-2019\*



### Rates per 100,000 population

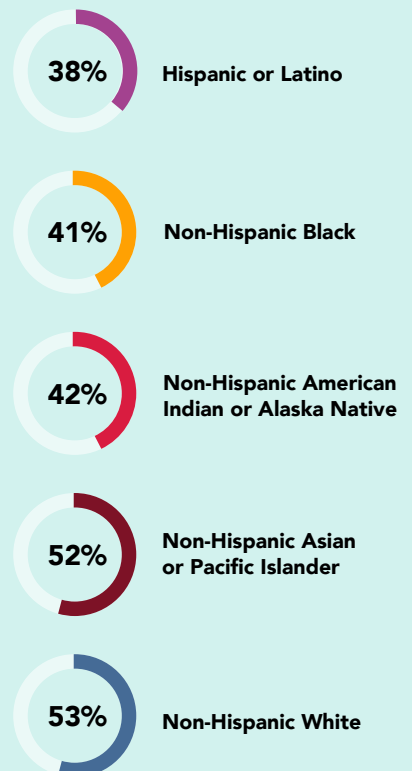
\* Rates are statistically adjusted to account for differences in age distributions within race/ethnicity strata in the FluSurv-NET catchment area. Rates are preliminary and not yet published. For more information on the methodology used in this analysis, visit: Influenza Hospitalization Surveillance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

Source: Centers for Disease Control and Prevention



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

## Yearly vaccination rates are lower among minority groups



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](http://vaccines.gov) or [vaccinefinder.org](http://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](http://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.

