Get a flu vaccine and give yourself a shot at good health [1]

September 8, 2021 by Employee Services [2]

Anyone can get the flu, and hundreds of thousands of Americans require hospital treatment each year for flu infections. This year, because of the ongoing and evolving COVID-19 pandemic, the flu season presents additional risks – from concurrent infections to strain on the health care system.

The Centers for Disease Control and Prevention recommends that you and your family members get a flu vaccine in September or October – before the flu begins spreading in your community. It takes up to two weeks for your immune system to build maximum immunity in response to the vaccine, so the earlier you vaccinate, the better.

Luckily, the influenza vaccine is updated annually and available through a variety of sources, including:

- Your primary care provider
- Pharmacies
- Clinics
- Medical centers
- Pediatrician’s offices
- Pop-up and mobile clinics
- Retail and grocery stores
- Community centers
- And more...

The vaccine is free for employees enrolled in a CU-sponsored health plan. You can learn more about your options under Anthem or Kaiser on our 2021-22 flu season information page [3].

Additionally, you can learn more about the virus itself, the health risks and annual statistics on the CDC’s website [4].

The influenza virus evolves rapidly. That’s why it’s important to get a flu vaccine every year if you’re able. Receiving a flu vaccine strengthens the body’s immune response against the most common circulating variants of the influenza virus and increases your odds of fighting an infection successfully – likely without even knowing you were exposed.
With the added risk of COVID-19 and its evolving variants, it's more important than ever to get your flu shot. Both illnesses are primarily respiratory in nature and becoming infected with one can reduce your body’s ability to combat the other.

A flu vaccine is your best shot at protecting yourself, your family and your community.

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