It's Time To Get Your Flu Shot (and COVID-19 Booster)!

September 28, 2022

The influenza (flu) vaccine is even more important today than in the past because of the COVID-19 pandemic. See the message below from Dr. Paul Genecin of Yale Health and learn how and where you can get your flu vaccine. Additionally, Yale is now offering and recommending the new bivalent COVID-19 vaccine boosters [1] for anyone over the age of 12 who have completed the primary vaccine series and received the last vaccine dose at least two months ago. You can now schedule to get your flu shot and your booster [2] at the same time.

To: Yale faculty, staff, and students

To the many Yale community members already committed to yearly influenza vaccine (flu shots), thank you for your dedication to your own health and that of the community. You know that the vaccine is safe and prevents the flu for many while decreasing the need for hospitalizations by reducing the severity of symptoms in those who become ill. You realize that getting the flu shot protects those around you with decreased immunity and heightened risk of illness. No doubt, you are also aware that Centers for Disease Control and Prevention (CDC) strongly recommends the flu shot for everyone 6 months or older. [3]

For those who are not yet decided, please consider that the influenza vaccine is even more important today than in the past because of the COVID-19 pandemic. While flu shots do not prevent COVID-19, they offer important personal and public health benefits:

- Influenza vaccine prevents flu and/or decreases severity of flu in those who become infected.
- Because COVID-19 and flu cause similar symptoms, reducing flu in our community will expedite evaluation of patients with respiratory infections.
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- Patients with seasonal flu fill our hospitals during the winter, and the vaccine is a critically important strategy to reduce avoidable hospitalization and free up beds for those with COVID-19 and other serious illnesses.
- Getting a flu shot helps your community; it prevents you from spreading the disease to infants, pregnant women, patients with weakened immune systems and those with medical conditions who cannot take the vaccine.

The CDC provides valuable information about influenza [4], the vaccine, and steps you can take to avoid getting sick with flu.

Yale Health is offering a variety of options for getting your flu shot this year for all members of our community, regardless of Yale Health enrollment. These options are convenient and require pre-registration to prevent crowds. As always, we will make high-dose vaccine available as a choice for those over age 65.

Please review the options for getting your flu shot this year with the Find Your Flu Shot Tool [5] and make the choice that works best for you. Yale Health’s flu page [6] has additional information and will be updated throughout the flu season.

I strongly urge you to take advantage of this important Yale Health service as we strive to sustain a healthy Yale. Thank you for doing your part to make Yale an influenza-free zone.

With best wishes for a healthy flu season,

Paul Genecin, MD
CEO, Yale Health


Links
[5] https://yalesurvey.ca1.qualtrics.com/jfe/form/SV_cOVtxBncFUUKg9T
[6] https://yalehealth.yale.edu/flu-information