

Email/newsletter template

HEADLINE:

Don't wait—get your flu vaccine today

This *[season, i.e., fall, winter]*, *[agency/healthcare group]* is reminding everyone in *[region]* that getting the flu vaccine is safe and easy—and the best way to protect ourselves and our families from the flu. *[The vaccine is especially important this year, with COVID-19 making more people sick. As cases of COVID-19 continue to rise across Oregon, taking steps to stay healthy will help hospitals focus on treating coronavirus patients.]*

The flu is a serious illness that can cause people to miss work, keep them from caring for their family or even put them in the hospital. By getting your annual flu vaccine, you are doing your part to keep yourself and those around you healthy—especially young children, older people and those with chronic diseases.

The flu vaccine is available to everyone at low to no cost, takes only a few minutes to get and is safe and effective. It cannot give you the flu. In Oregon, the vaccine is available at any doctor's office or local pharmacy—be sure to call to confirm availability and make an appointment if necessary.

It's also important to get the vaccine every year because the flu virus changes from year to year. Each year, the vaccine is updated to target the strains of the virus that are most likely to get us sick. *[Even with fewer people leaving home during the pandemic, the flu can still easily spread and affect vulnerable groups.]*

To find locations to get the flu vaccine near you, contact your healthcare provider, call 211 or visit [VaccineFinder.org](https://www.vaccinefinder.org).