What to expect with your Flu Shot

Before | During | After

• You can make a flu shot appointment online @ vaccines.gov. Also check your local pharmacy, clinic, and doctor's office.

• If you need help with making an appointment or transportation, call DIAL: The Disability Information and Assistance Line. Phone Number: 888-677-1199.

• You might need to show your ID and insurance card.

• You might have to wear a mask.
  • Wear a t-shirt. The shot will be in your upper arm.

• Learn what will happen during and after the appointment and plan ahead: Bring anything that may help ease anxiety like a fidget, comfort item, or your favorite music, video, etc.
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• **Know the clinic rules for arrival** (will you call from the car, wait in the car, wait in the waiting room, etc.)

• The nurse will use a cold and wet pad to **clean your arm**.

• Then **the shot will be administered** on your upper arm.

• **You will receive a bandaid**.

• Before you leave, you may be asked to **wait for 15 minutes** for observation.
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**You may feel** tired, warm, or have pain in your arm. **These are normal symptoms** that will go away soon.

Your body is **stronger**, and your community is **safer**.

You won’t need another flu shot until next year!

I can continue keep myself and others safe by washing my hands.

I am proud of myself for getting the vaccine.