

What to expect with your

Flu Shot

Before | During | After



• You can find a flu shot close to home. Check your local pharmacy, clinic, or doctor's office. Or go to **Vaccines.gov**, click **"Find Your Flu Vaccines"** and enter your zip code. Call or visit the website of a location near you and make an appointment.



• If you need help with making a flu shot appointment or need transportation, call **DIAL: The Disability Information and Assistance Line** at 888.677.1199; or email <u>DIAL@usaginganddisability.org</u>; or connect with a specialist online at <u>dial.acl.gov</u>.



• When you arrive to receive your flu shot, 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.

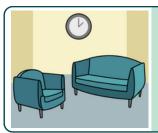
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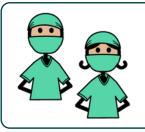
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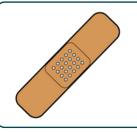
• **Know the clinic rules for arrival** (will you call from the car, wait in the car, wait in the waiting room, etc.)



• The nurse or medical helper 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**.

CALENDAR		
JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
ОСТ	NOV	DEC

• You won't need another flu shot until next year!



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



• I am proud of myself for getting the vaccine.

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