What to expect with your Flu Shot

**Before | During | After**

- **Before:** 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.

- **During:** 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 DIAL@usaginganddisability.org; or connect with a specialist online at dial.acl.gov.

- **After:** When you arrive to receive your flu shot, you might need to show your ID and insurance card.

- **During:** You might have to wear a mask.

  - **Wear a t-shirt.** The shot will be in your upper arm.

- **After:** 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 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.

- 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.