

# 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](https://www.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 [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org); or connect with a specialist online at [dial.acl.gov](https://dial.acl.gov).



- 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.

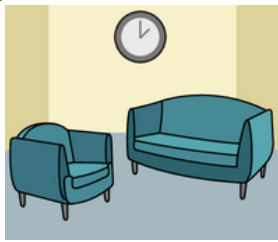


- Learn what will happen during and after the appointment and **plan ahead**. Bring anything that may help ease anxiety like a fidget, comfort item, or your favorite music, video, etc.

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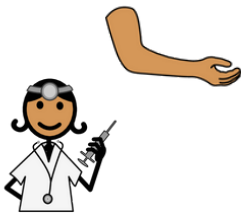
Before | **During** | After



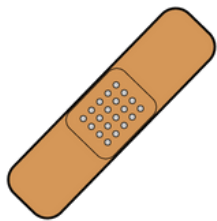
- **Know the clinic rules for arrival** (will you call from the car, wait in the car, wait in the waiting room, etc.)



- 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.**

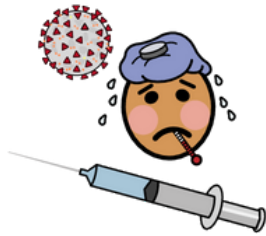


- Before you leave, you may be asked to **wait for 15 minutes** for observation.

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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
OCT	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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