

DON'T DELAY!

GET YOUR FLU VACCINE TODAY!

The Centers for Disease Control and Prevention (CDC) recommends everyone age six months and older (with just a few exceptions) should get a flu shot before the end of October when the flu season typically begins, peaking in December. Getting your flu shot early will allow the several weeks needed to develop full immunity.

To get you started, we're providing a list of all the places flu shots are free with - and even without - Insurance.

- Your Primary Care Provider
- Urgent Care Centers
- Local Pharmacies – Many independent pharmacies and almost all large national pharmacy chains like Walgreens, CVS, and Rite Aid offer no-cost flu shots for people with most health insurance plans.
- Supermarkets and Big Box Stores - Most of the country's large grocery store chains, including Stop & Shop, Kroger, and Safeway, have pharmacies on the premises that offer free flu shots with most health insurance plans.
- Free Shots Without Insurance - Many county health departments offer free flu shots during flu season—with or without insurance. Contact your county's health department to see if you can benefit from this service.

