

CDC Flu: National Influenza Vaccination Week (NIVW)

Matte Article: Essential Workers

For essential workers, a flu shot is essential protection

COVID-19 has helped remind all of us just how essential our essential workers are. Whether you're a health care worker, child care provider, grocery store worker, farmer, teacher, or delivery person – you have been on the front lines to keep our society functioning.

We are grateful for you – you are essential. And so is your health. That's what makes a flu shot essential for you, too.

Getting a flu vaccine has been shown to reduce the risk of getting sick, being hospitalized or dying from flu. In 2019-2020, flu vaccination prevented an estimated 7.52 million illnesses, 3.69 million medical visits, 105,000 hospitalizations and 6,300 deaths due to influenza. This week is National Influenza Vaccination Week, and there's still time during the 2020-2021 flu season to get your flu shot if you haven't already so that you have one less thing to worry about.

For everyone, but especially for essential workers who may be at higher risk of exposure to flu or other respiratory infections from frequent interactions with the public, a flu shot is the best way to protect yourself from flu illness.

- Protections from a flu shot is especially important for those at [higher risk](#) of developing serious **flu complications**, which includes people who are 65 years of age and older, pregnant women, and people with certain chronic medical conditions like heart disease, asthma, and diabetes. It can prevent hospitalization and even be life-saving.
- Your flu shot **may help protect your loved ones** -- who may be at higher risk for serious flu complications – from infection, too.
- For every child care worker, grocery store clerk and delivery person who is protected from flu, there is **one person less likely to spread flu illness**. The more people vaccinated against flu; the more people are protected from flu.
- Preventing flu illness also **decreases the burden on the healthcare system** at a time when it is already being tested by an unprecedented health crisis.

As an essential worker, you are providing essential services to your community – but remember that your health is essential, too. Get your annual flu shot today. There's still time!

Learn where to get your flu shot today at [VaccineFinder.org](https://www.vaccinefinder.org).