

NEWSLETTER & EMAIL – SUGGESTED COPY

Longer-Form Version (e.g. company intranet, email update to staff or other contacts)

With the spread of multiple respiratory viruses this fall and winter, including influenza (flu) viruses, the virus that causes COVID-19, and respiratory syncytial virus (RSV), being protected is important. Flu shots are safe, and getting a flu shot is the best way we all can protect ourselves, our families, and our communities from flu and its potentially serious complications.

We're proud to support the Play Defense Against Flu campaign from the Ad Council, the American Medical Association (AMA) and the Centers for Disease Control and Prevention (CDC), encouraging everyone to get their annual flu shot.

- Each year, flu causes tens of millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.
- When you get sick from flu, it can mean not being able to work or take care of your loved ones for up to a week or longer.
- Getting your flu shot helps save medical resources and protect health workers so they can continue to care for others in need.

An annual flu shot is recommended for everyone 6 months and older—ideally by the end of October, before flu is typically spreading widely.

For more information, including where to find a flu shot near you, visit [GetMyFluShot.org](https://www.getmyflushot.org).

[If possible/appropriate, add tailored tips for your employees about how they can get their flu shots. For example:

- Flu shots are covered, at no cost, if you are enrolled in our company health insurance. For more information, visit [link to benefits site].
- We encourage everyone at [organization name] to get a flu shot and will be closing early on [date] at [time] to allow you time to get your flu shot.
- For employees on location at [address], the closest flu shot provider is [name, address].]

We hope you and your loved ones stay safe and healthy this flu season.

Shorter-Form (e.g. internal or external newsletter updates)

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