

September 23, 2020

Influenza Vaccination

Now more than ever, we all need to do our part to prevent the spread of illnesses. The best way to protect yourself from getting the flu and keep you from spreading it to others is to get vaccinated. Vaccination of people at high risk for flu complications is especially important to decrease their risk of severe flu illness. Many people at higher risk from flu also seem to be at higher risk from COVID-19. If you are at high risk, it is especially important for you to get a flu vaccine this year.

Once per flu season, flu shots are covered for people with Centennial Care and under Medicare.

For more information about the flu and COVID-19 please visit:

- [CDC.gov/flu](https://www.cdc.gov/flu)
- <https://www.nmhealth.org/about/phd/idb/imp/flu/>