



## **Benjamin Flu Shot 30 Sec PSA**

Hello. I'm Doctor Regina Benjamin, former United States Surgeon General. This year, it's more important than ever to get your flu shot. That's because we're at risk of getting both the flu and COVID-19 at the same time.

I recommend everyone, age 6 months and older, to get their flu shot and remember your three W's – wear your mask, wash your hands, watch your distance.

For more information, visit [Alabama-Public-Health-dot-gov](http://Alabama-Public-Health-dot-gov).

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