



## **Benjamin Flu Shot 60 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 shots. It could prevent flu illnesses, hospitalizations, and possible death. Even though the flu and COVID-19 are caused by different viruses, they can have similar symptoms like fever, sore throat, and body aches. If you are having any of these symptoms, contact your health provider to get tested.

You should know that it is safe to leave your home to get the flu shot even if you are at high risk for COVID-19, but make sure you 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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