



State of Missouri Team Members,

If you haven't already received your flu shot, now is an excellent time to do it.

A massive amount of good can come from the very minor inconvenience of going to get a simple shot. It is an action which helps your family and your coworkers. Not only are you protecting yourself, but getting a vaccination will help protect those around you.



You have probably heard it said before. **The flu shot is more important this year than ever.** By getting a flu shot, you are helping protect yourself and those around you during a global pandemic. Additionally, it helps reduce the burden on our state's health care systems and saves medical resources for the care of COVID-19 patients.

Flu and COVID-19 [often get compared](#). There are some similarities, especially some of the symptoms that individuals might experience. But there are key differences, too.

Flu tends to hit people "like a ton of bricks." The symptoms often seem to come out of nowhere, and come on quickly and strongly. Most people with the flu are contagious for about 1 day before showing symptoms. One is more likely to have COVID-19 and not know it at all or have it for multiple days before experiencing symptoms. For this reason, COVID-19 seems to spread more easily than the flu. It also causes more serious illnesses in some people.

No matter where you live in Missouri, [VaccineFinder](#) can help you find a location near you to receive your shot. Additionally, you can watch for updates from your [local public health agency](#), child's school district or church community. Organizations like this often host flu shot clinics for their residents, students and patrons. We are thankful that in the first 8 weeks of tracking, flu shots are up 19% compared to where Missouri stood at this time last year.

Remember, you are less likely to spread the virus to those around you if you are vaccinated. The shot has also been shown to cause symptoms to be more mild if you do become infected. While the effectiveness of the vaccine varies from year to year, some protection is better than none at all.

Please join the thousands of Missourians who have already received their shot, and help us protect our fellow Missourians.

In good health,

Dr. Randall Williams
DHSS Director

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