

# What to expect with your Flu Shot

## Before | During | After



- You can make a flu shot appointment online @ **vaccines.gov**. Also check your local pharmacy, clinic, and doctor's office.



- If you need help with making an appointment or transportation, call **DIAL: The Disability Information and Assistance Line**. Phone Number: **888-677-1199**.



- You might need to **show your ID and insurance card**.



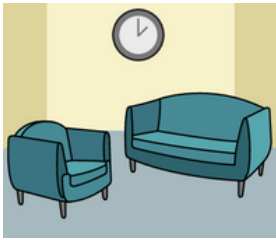
- You might have to wear a mask.
- **Wear a t-shirt**. The shot will be in your upper arm.



- Learn what will happen during and after the appointment and **plan ahead**: Bring anything that may help ease anxiety like a fidget, comfort item, or your favorite music, video, etc.

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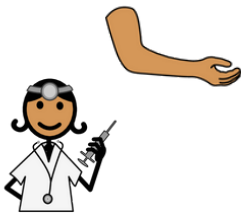
Before | **During** | After



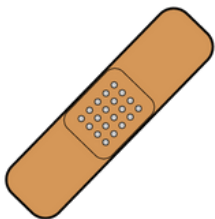
- **Know the clinic rules for arrival** (will you call from the car, wait in the car, wait in the waiting room, etc.)



- The nurse will use a cold and wet pad to **clean your arm**.



- Then **the shot will be administered** on your upper arm.



- **You will receive a bandaid.**



- Before you leave, you may be asked to **wait for 15 minutes** for observation.

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You may feel tired, warm, or have pain in your arm. These are **normal symptoms** that will go away soon.



Your body is **stronger**, and your community is **safer**.

CALENDAR		
JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

You won't need another flu shot until next year!



I can continue keep myself and others safe by washing my hands.



I am proud of myself for getting the vaccine.

