Why should I get the flu shot?
Getting a flu vaccine is more important than ever during 2021-2022 to protect yourself and the people around you from the flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic. Flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Who should get the flu shot?
Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza. People at High Risk of Developing Flu-Related Complications (cdc.gov/flu/highrisk/index.htm) has a full list of age and health factors that confer increased risk.

Information for who cannot get a flu vaccine and who should talk to their doctor before getting a flu vaccine is available at Who Should & Who Should NOT Get Vaccinated (cdc.gov/flu/prevent/whoshouldvax.htm).

When should I get the flu shot?
Get vaccinated in early fall, before flu season starts, or by the end of October. It takes about two weeks after vaccination for antibodies that protect against the flu to develop in the body and provide protection against the flu.

Can I get the Flu Shot and the COVID-19 Vaccine at the same time?
Yes, you can get a COVID-19 vaccine and a flu vaccine at the same time. Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine: If you haven’t gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine before flu season starts or as soon as possible.

Patients can find specific information about receiving a flu vaccine and a COVID-19 vaccine at the same time in the Frequently Asked Influenza (Flu) Questions: 2021-2022 Season.
**Where can I get the flu shot? What is the cost?**

**EMPLOYEES:**
Flu shots are FREE in Edinburg, Harlingen, and Brownsville at UT Health RGV Employee Health locations to all UTRGV benefit-eligible employees.

In Brownsville, flu shots will be available to all UTRGV employees, active students, and their enrolled dependents.

Appointments are highly encouraged. You can call or make an appointment online. Please have your insurance card available at check-in.

**Brownsville:**
UT Health RGV Student Health (Brownsville)
Cortez Hall, Suite 237
(956) 882-3896

**Edinburg:**
UT Health RGV Employee Health (Edinburg)
Research Education Building (EREBL)
1214 W. Schunior St., 1st floor
(956) 296-1731

**Harlingen:**
UT Health RGV Multispecialty / Employee Health (Harlingen)
2106 Treasure Hills Blvd., #1.326
(956) 296-1519

**STUDENTS:**
ACTIVE students can get the flu shot for FREE in Edinburg and Brownsville at UT Health RGV Student Health locations. Appointments are highly encouraged. You can call or email appointment requests to: healthservices@utrgv.edu. Please call before coming into the clinic.

**Brownsville:**
UT Health RGV Student Health (Brownsville)
Cortez Hall, Suite 237
(956) 882-3896

**Edinburg:**
UT Health RGV Student Health (Edinburg)
613 N. Sugar Road
(956) 665-2511

**GENERAL PUBLIC:**
Flu shots are available at our UT Health RGV Primary Care Locations. To view all locations, visit: https://uthealthrgv.org/services/adult-primary-care/