

09/21/2020

Dear City of Lawrence team,

It is extremely important that you and your family make a plan for when and how to get your annual flu shot. While we don't yet know what will happen in the fall and winter, the Centers for Disease Control and Prevention (CDC) believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. Because of this, **getting a flu vaccine is more important than ever**. The CDC recommends that all people six months and older get a yearly flu vaccine.

Both the flu and COVID-19 can result in serious illness that may lead to hospitalization or death. Getting a flu vaccine will not protect against COVID-19; however, getting your flu shot does have many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu shot this year can also help conserve potentially scarce health care resources.

The CDC recommends September and October as good months to get vaccinated so you can stay protected against infection later in the flu season; however, as long as flu viruses are circulating, vaccinations should be available throughout the winter.

Last week, all City employees received an email from "Be Healthy LMH" outlining the dates of the 2020 Biometrics & Flu Shot Clinics. Those dates are copied below, and you can also view the calendar/informational flyer online [here](#).

- Thursday, Oct 1: Biometric Screenings & Flu Shot Clinic (7 - 9:30 a.m.)
- Friday, Oct. 2: Biometric Screenings & Flu Shot Clinic (7 - 9:30 a.m.)
- Saturday, Oct. 3: Family Flu Shot Clinic (8:30 - 10 a.m.)
- Tuesday, Oct. 6: Biometric Screenings & Flu Shot Clinic (7 - 9:30 a.m.)
- Wednesday, Oct. 7: Biometric Screenings & Flu Shot Clinic (7 - 9:30 a.m.)
- Saturday, Oct. 10: Family Flu Shot Clinic (8:30 - 10 a.m.)
- Tuesday, Oct. 13: Biometric Screenings & Flu Shot Clinic (7 - 9:30 a.m.)
- Wednesday, Oct. 14: Biometric Screenings & Flu Shot Clinic (7 - 9:30 a.m.)

All of the above events will be held at 1112 W. 6th St, which is the old Ortho and Surgery Center on the corner of 6th and Maine. Please enter through the Northeast Entrance.

No appointments are required to receive a flu shot, but you must act fast and make an appointment if participating in the biometric screenings. If interested in making an appointment, you can do so through your [BeHealthy City of Lawrence account](#). Spouses and dependents 9 years of age and older can receive flu shots at the Biometric Screenings & Flu Shot Clinic. The Family Flu Shot Clinic will be available to adults and children 6 months and older.

Thank you for doing everything you can to keep our community safe!

Best,
Shelby Patch
Office of Risk Management