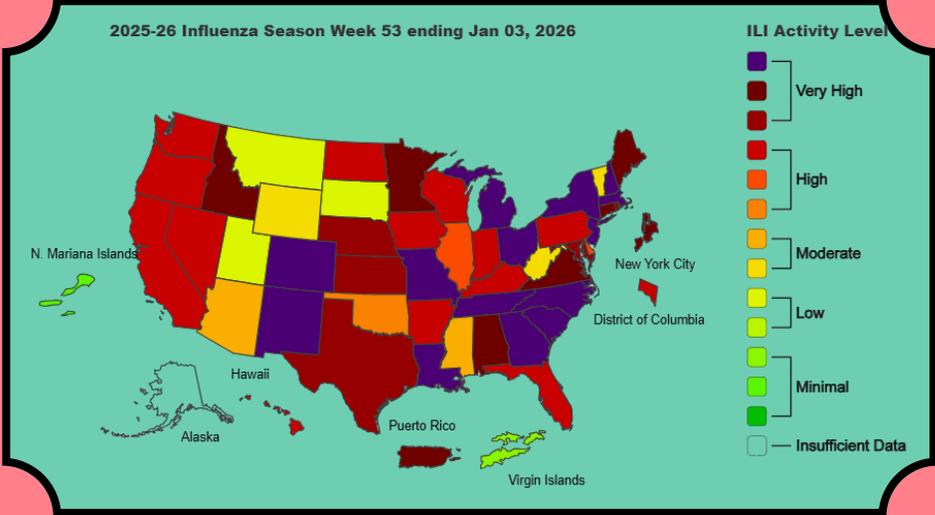


Have you gotten your Flu Shot?

Have you read the news about the flu this season? At least 15 million have come down with the flu and 7,400 including 17 children have died from the illness during the 2025-26 flu season so far. The CDC reports that the flu strain this year has mutated and that is very important that you get your flu shot as soon as possible.

Dr. Ronald Hopkins Jr., the medical director for the National Foundation of Infectious Diseases says that any protection that you get from the vaccine is better than zero protection you get without it!



The flu shot reduces your chances of having a severe case, helps keep you out of the hospital, and makes it where you experience its symptoms for a shorter period of time.

The picture of the United States shows where the flu is having the most impact. Alabama is shown to be in a very high impacted area.

It's not too late to get a flu shot and with the weather changing like it is, its better safe than sorry.

Vaccination is very important for people with compromised immune systems and chronic diseases. Because it takes 10 days to two weeks for the body to mount an immune response to fight the flu virus, the sooner you get the vaccine, the better.

Covid-19 vs. Cold vs. Flu Symptoms

SYMPTOMS	COVID-19*	COLD	FLU
Sore throat	Sometimes	Common	Common
Cough	Common	Common	Common
Sneezing	-	Common	Sometimes
Fever	Common	-	Common
Body aches	Sometimes	Sometimes (mild)	Common
Tiredness	Sometimes	Sometimes (mild)	Common
Headache	Sometimes	-	Common
Runny/stuffy nose	Sometimes	Common	Sometimes
Shortness of breath	Sometimes	-	Sometimes
Loss of taste and/or smell	Sometimes	-	-

*Sources: Centers for Disease Control and Prevention, World Health Organization

Debunking FLU MYTHS

Flu Myth:

Getting the flu is not a big deal.



Flu Fact:

The flu can result in serious illness and even death. Some high-risk groups include seniors and infants.

Flu Myth:

The flu vaccine will give you the flu.



Flu Fact:

Flu vaccines cannot give you the flu. Instead, they use an "inactive virus" that helps your immune system fight potential infections.

Flu Myth:

The flu is the same thing as a cold.



Flu Fact:

The flu and the cold can have similar symptoms. Contact your family doctor if you have any flu symptoms for further testing and treatment.

Flu Myth:

You don't need a flu vaccine if you're healthy.



Flu Fact:

The CDC recommends that all eligible individuals six months and older get a flu vaccine every year.

TO ACCESS FREE or LOW COST VACCINATIONS (All required or recommended vaccinations are free or low-cost based on eligibility.)

1. Mobile County Health Department Federally Qualified Health Center (FQHC): 251 N Bayou Street, Mobile 36603. By Appt.? Call 251-690-8889
2. Franklin Memorial Medical & Dental Express – Federally Qualified Health Center (FQHC): 1303 Dr. Martin Luther King Jr. Ave., Mobile 36603. Call 251-432-4117.
3. ACCORDIA /USA Health Collaboration – Federally Qualified Health Center (FQHC): 2419 Gordan Smith Drive, Mobile 36617. Call 251-461-3491
4. *** PLEASE NOTE: All 3 Providers also participate in the Vaccines For Children Program (VFC) that grants access for free vaccination to persons 18 years and younger based on eligibility***

Sources:

<https://www.cdc.gov/fluview/surveillance/usmap.html>

<https://www.cdc.gov/fluview/surveillance/2025-week-53.html>

[https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))



**Please wear a mask
to protect yourself from
flu, COVID-19 and RSV**