

Flu Vaccination

Millions of people get the flu every year, hundreds of people are hospitalized, and thousands or tens of thousands die. It is recommended that everyone 6 months of age and older should get a flu vaccine every year.

A flu vaccine is the best way to help prevent flu and its potentially serious complications.

FLU VACCINATION IS ESPECIALLY IMPORTANT FOR SOME:

- Children ~~y-~~Younger than 5
- Pregnant women
- Adults 65 and older
- People with certain chronic health conditions, such as diabetes, heart disease, and asthma

IT IS SAFE!

Side effects from flu vaccinations s are generally mild when compared to symptoms of flu. There has been extensive research supporting its safety.

For more information, visit <https://immunize.utah.gov/information-for-the-public/influenza/>

Shingles Vaccination

Shingles, also known as herpes zoster, is a painful skin rash caused by the reactivation of the varicella-zoster virus (the same virus that causes chickenpox).

CDC recommends that adults 50+ years get two doses of the shingles vaccine called Shingrix to prevent shingles and complications from the disease.

Adults 19+ years who have weakened immune systems should also get two doses of Shingrix.

You should get Shingrix even if you had shingles, received Zostavax, or received varicella (chickenpox) vaccine.

You should not get Shingrix if you have had a severe allergic reaction to any component of the vaccine ~~or~~ after a dose of Shingrix, currently have shingles, or are pregnant.

The most common side effects of Shingrix are: pain, redness, swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach.

For more information, visit <https://www.cdc.gov/shingles/index.html>

COVID-19 Vaccination

Protect yourself and everyone else by getting the COVID-19 vaccination.

- Everyone ages 6 months and older
- Proven to help prevent COVID-19
- Cannot get COVID-19 from the vaccines
- Possible temporary reactions such as sore arm, fever, headache, or feeling tired and achy
- Vaccines are free to everyone
- Personal information about your health and identity is protected
- COVID-19 vaccines are safe for women who are pregnant, nursing, or want to become pregnant

The updated booster will strengthen and extend your protection against COVID-19.

- Specific to target the Omicron variant
- Get your updated booster 2 months after the last dose

COVID-19 treatments can decrease your risk of hospitalization and death. Early testing and treatment are critical. If you have symptoms, talk to your doctor, or visit <https://healthcare.utah.edu/coronavirus/outpatient-covid-19-treatment.php>

For more information, visit <https://immunize.utah.gov/covid-19-vaccine/>

CONTACT

<https://immunize.utah.gov/contact-us/>

General Immunization

1-800-275-0659 (Toll free)

Program Specific

801-538-9450

New COVID-19 info line

385-273-7878

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385-273-7878

Monday - Friday, 7 am – 7 pm

Saturday, 7 am – 3 pm

Sunday, closed

The Utah Department of Health and Human Services (DHHS) staff will answer general questions on COVID-19, including where to find testing or vaccinations and get test results from a DHHS COVID-19 testing location.

The website <https://coronavirus.utah.gov> has a webchat feature, and [@UtahCoronavirus](#) social media channels have the latest information on COVID-19 safety measures and available treatments and vaccines.

Vaccine information

- <https://www.cdc.gov/vaccines/index.html>
- <https://immunize.utah.gov>

Where to get vaccines

- https://vaccinate.utah.gov/s/login/?language=en_US&ec=302&startURL=%2Fs%2F
- <https://immunize.utah.gov/adult-influenza-vaccine-initiative/>

Vaccinations Factsheet

Flu, Shingles and COVID