



## Roll Up Your Sleeve: Getting Your Flu Shot Helps Arizona Hospitals

Dear State Employee,

Want to do even more to protect yourself, your loved ones, healthcare workers, first responders, and your community while COVID-19 continues to circulate in Arizona? Roll up your sleeve and get a flu shot.



The influenza shot is the best way to protect yourself from the flu, while supporting our healthcare workers. Every flu season, hospitalizations increase due to influenza. Getting your flu shot will help prevent influenza hospitalizations, keeping more hospital beds open.

The flu vaccine is already available, and the shot offers protection throughout the flu season. You need to get a flu shot each year because flu viruses evolve so quickly that last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with rapidly changing flu viruses.

**Convenient Worksite Locations** - Flu shots are considered preventive and are available at no cost for all State employees. We're bringing the flu shot to you at our Healthwaves worksite clinics and Healthwaves public locations that you can find on [wellness.az.gov/flushot](https://wellness.az.gov/flushot). You'll also get **100 HIP points** for an influenza vaccine.

Please join me in taking this easy and effective step to protect yourself and your family while supporting our healthcare workers.

If you have any questions, please contact our Wellness Team at [wellness@azdoa.gov](mailto:wellness@azdoa.gov).

Sincerely,

**Andy Tobin**

Director

Arizona Department of Administration

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Arizona Department of Administration

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