

**TOGETHER**

NEW MEXICO  
DEPARTMENT OF  
HEALTH

**NM**

**GET A  
FLU SHOT**

**TOGETHERNM.ORG**



## WHY SHOULD YOU GET THE FLU SHOT?

Flu can strike the healthiest of people. Getting your flu shot doesn't just help keep you and your loved ones healthy and safe - it reduces stress on our healthcare system.

### SHOULD EVERYONE GET A FLU SHOT?

Yes. If you're a New Mexican, you should get your flu shot this year - particularly if you are a member of one or more of the following groups: people age 65 and older, young children, especially those under 2 years old, American Indian and Alaska Natives, people with chronic health conditions such as asthma, diabetes, and heart disease, pregnant women and up to 2 weeks postpartum, and morbidly obese persons.

### WHEN SHOULD YOU GET A FLU SHOT?

As soon as you can. The flu season typically begins in October, and the flu shot takes about 2 weeks for antibodies to develop and provide protection from the virus. This is why it is essential to get a flu shot before community spread begins or before you catch the virus itself.

### WHERE CAN I GET MY FLU SHOT?

The New Mexico Department of Health and private providers throughout the state have the flu shot available for New Mexicans.

**FIND YOUR NEAREST PROVIDER AT  
TOGETHERNM.ORG/FLU**