

# Help Your Patients Protect Themselves with The Flu Shot!

**Offer The Flu & COVID-19 Shots to Everyone 6 Months And Older.**

Use the [SHARE method](#) to encourage them:

- **Share** why the flu and COVID-19 shots are important.
- **Highlight** positive experiences with these vaccines.
- **Address** patient questions and concerns.
- **Remind** patients they need these shots yearly for the best protection.
- **Explain** the risk of getting sick, like missing work or spreading illness to others.

**As a trusted source of vaccine advice:**

- **Remind** patients by phone, text, mail, and/or email to get vaccinated.
- **Let them know** the flu shot is free for L.A. Care members.
- **Use every in-person visit** to educate and offer these vaccines.
- **Offer** the flu and COVID-19 shots as soon as they are available, usually in September.

L.A. Care Health Plan (L.A. Care) actively promotes the annual flu vaccine, so expect more patients seeking them. Don't forget! this is also a great time to give the pneumococcal vaccine to patients 65 and older.

For more about this year's flu vaccination, please visit the [Los Angeles County Department of Public Health](#) or access L.A. Care Health Plan's [Flu and Covid-19 Provider Tools](#) and Resources.

