FIGHT THE FLU:
IT'S IMPORTANT TO THE DISABILITY COMMUNITY



Recommendations from the Centers for Disease Control and Prevention (CDC)

The flu shot is important for people with disabilities and all those around them. It is important for everyone to get the flu shot. The CDC recommends that everyone older than 6 months get a flu vaccine to reduce serious illness and complications.

People with disabilities may be at risk of getting the flu and having symptoms go unrecognized because they:

- may not be able to avoid coming into contact with others who may have the flu, like family or support staff
- may not understand or practice healthy habits to prevent the flu, like handwashing or avoiding people who are sick
- may not be able to communicate if they are sick



People with certain types of disabilities have a higher risk of developing serious complications from the flu. People with disabilities and their families, friends, and supporters all play an important role in reducing the risk of serious flu by getting a flu shot.

Get your flu shot today!

Getting a flu vaccine is quick easy, and affordable- sometimes even free! Flu shots are offered at doctor's offices, pharmacies, and supermarkets. Your neighborhood might hold flu vaccination clinics at community centers, schools, or municipal buildings. Get vaccinated at a location near you.

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Resources from the CDC:

- ***Key Facts About Seasonal Flu Vaccine:*** https://www.cdc.gov/flu/vaccines/keyfacts.html
- ***Healthy Habits to Prevent Flu:*** https://www.cdc.gov/flu/prevention/actions-prevent-flu.html
- ***People at Increased Risk for Flu Complications:*** https://www.cdc.gov/flu/highrisk/index.htm
- **VaccineFinder:** https://www.vaccinefinder.org/

Do you need to help a person with a disability feel comfortable about getting the flu shot?

Check out The Boggs Center's
Getting a Flu Shot: A Social Story for People with Intellectual and Developmental Disabilities:
https://boggscenter.rwjms.rutgers.edu/resources/publications/fight-the-flu



Preparation of this resource was supported by the New Jersey Department of Human Services, Division of Developmental Disabilities.
October, 2026

RUTGERS HEALTH
The Boggs Center on Disability and Human Development
Robert Wood Johnson Medical School

Department of Pediatrics
Robert Wood Johnson Medical School
Rutgers, The State University of New Jersey
Liberty Plaza, 335 George Street
New Brunswick, NJ 08901
boggscenter.rwjms.rutgers.edu

p. 732-235-9300
f. 732-235-9330