

Happy  Thanksgiving

In A Nutshell
November 2022
Flu Vaccine

Getting vaccinated to prevent harmful infections is a fundamental part of medical care for people with MS. With flu season around the corner, the seasonal flu vaccine can help prevent infection and keep you and your loved ones safe. As always, after you become informed yourself, you should make your vaccine decisions by consulting with your Neurologist / MS Specialist.

- 1. Flu vaccine is safe for people living with MS**
- 2. People living with MS should get the flu vaccine every year**
- 3. The nasal spray flu vaccine is different than the flu shot**
- 4. The risk of illness from the flu is greater than getting the vaccine**
- 5. You can get the flu and COVID-19 vaccine at the same time**

[5 things to know about the flu vaccine and MS - Momentum Magazine \(momentummagazineonline.com\)](https://momentummagazineonline.com)

Just For Fun

Make an appointment at your local Winn Dixie to get the high dose flu vaccine and a Covid booster.

You will get a \$10 gift card for each shot. And you can use it to pay for your Thanksgiving turkey!