

Stay safe during COVID-19 pandemic: Get your flu shot now

Banner Urgent Care offers convenient way to vaccinated against the flu

PHOENIX (Sept. 8, 2020) -- With the COVID-19 pandemic still going as the country enters flu season, [Banner Urgent Care](#) centers are standing by with flu vaccines and information on how to keep yourself healthy.

"We are strongly encouraging people to get their flu shot earlier this year," said Devin Minior, MD, physician executive with Banner Urgent Care. "In 2020, it is critically important to have that safeguard against the flu."

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Vaccination of people at high risk (over 65 years old, pregnant, people with asthma, diabetes, heart conditions) is especially important to decrease their risk of severe flu illness, he said.

"Many people at higher risk from flu also seem to be at higher risk from COVID-19. But it's important to get a flu shot to keep everyone safe," he said.

Minior stressed that any fears about vaccinations weakening the immune system and making people more susceptible to contracting COVID-19 are unfounded.

"With the flu shot, the immune system is making antibodies, so it's a very different response," he said.

He also stressed that the vaccine doesn't give anyone the flu - and that any symptoms that may result are signs of an overly active immune system.

Banner Urgent Care can provide flu shots in a safe environment that follows CDC recommendations, including masking, pre-screening patients for COVID-19 symptoms and limiting facility access.

"We know that many people won't be able to get their vaccine at their workplace this year. We want people to be assured that we are offering them a safe place to get their vaccination," he said.

Flu shots are available at Banner Urgent Care clinics; \$0 copay with most insurances.

Visit urgentcare.bannerhealth.com to schedule your flu shot.

About Banner Urgent Care

Banner Urgent Care provides a close, convenient and affordable treatment option for patients with non-life-threatening illnesses and injuries such as cold and flu; ear, eye and throat infections; fevers; skin rashes; and sprains, strains and lacerations. Banner Urgent Care is open every day of the year and accepts most insurance plans. For more information, locations and hours of operation, please visit www.BannerHealth.com/urgentcare.

For further information: media@bannerhealth.com

<http://bannerhealth.mediaroom.com/flushots2020>