

# Protect yourself and others by getting your flu shot



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As respiratory season arrives, we're seeing more cases of colds, flu, and other illnesses. As an internal medicine physician at Intermountain Health, I urge you to get vaccinated. It's one of the most effective ways to protect yourself and your loved ones.

Simple steps like washing hands and staying home when sick make a real difference. If illness strikes, know that Intermountain Health offers walk-in clinics and virtual visits, ensuring you can access trusted care when needed.

Our mission is to help you live the healthiest life possible. Let's work together to keep our community healthy.



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