**Sample Letters to the Editor**Flu Vaccination

**Version 1**:

COVID-19 has shown us what can happen when there’s no vaccine for a highly contagious disease. Thankfully, we do have vaccines to prevent other infectious illnesses, like flu. An annual flu vaccine can keep you from getting sick and help you avoid severe complications, like pneumonia, that can send to you the hospital.

As we enter flu season, many of our hospitals are still strained with COVID-19. We physicians want to keep you healthy so you don’t end up there.

Physicians trust vaccines to keep our patients – all of us – safe and healthy. This year, like no other in recent history, the physicians of the Texas Medical Association urge everyone 6 months and older to get a flu shot. Please take the time to ensure you and your family are protected. Your health and your community’s health depend on it.

Your name, city

**Version 2**:

COVID-19 has shown us how dangerous an infectious disease can be. The disease knows no boundaries and is serious for vulnerable people like the elderly and those who have underlying health conditions. The same is true for flu, or influenza.

The difference is we have a way to prevent flu: an annual vaccination. Like no other year in recent history, your flu vaccination matters. It can mean you don’t get the flu, have a milder case, prevent a hospital stay, or avoid complications and death.

The physicians of the Texas Medical Association urge everyone 6 months and older to get vaccinated. We especially urge vaccination for those most at risk for complications – young children, pregnant moms, the elderly, and people with existing health conditions. We physicians are here for you and want to help keep you healthy. Talk to us if you have questions about flu vaccination.

Your name, city

**Version 3**:

Want to avoid the flu this year? Practicing good health habits we’ve been talking about to prevent COVID-19 – handwashing, mask wearing, and staying home when you’re sick – can help prevent flu, too. Getting a flu shot adds even more protection.

Each year, fewer than half of Texans get a flu shot, however. Texas, we can do better. Together, we can reduce our state’s flu cases, hospitalizations, and deaths. Flu is especially dangerous for young children; pregnant moms; the elderly; and people who have chronic illnesses like heart disease, asthma, and diabetes. And during the past two flu seasons combined, more than 20,000 Texans, including children, have died of influenza-related illnesses.

We doctors trust vaccines to keep us all safe and healthy. The physicians of the Texas Medical Association urge everyone 6 months and older to get a flu shot. Your health and your community’s health depend on it.

Your name, city

**Version 4**:

You can avoid the annual visitor that is waiting to pounce and sicken as many as 30 million Americans – more than the population of Texas. I’m talking about flu, or influenza.

The best way to avoid flu is an annual vaccination. The physicians of the Texas Medical Association want you to stay healthy so you can keep working, going to school, and taking care of your family – and to prevent complications that could put you in the hospital, many of which are already strained by COVID-19.

Typically, flu season lasts from October until May. Now is the time to get vaccinated to protect yourself, and your family and friends. If you always get your flu shot, keep it up. If you’ve thought about it but haven’t made time to get one, this is the year to start. The health of Texas depends on it.

Your name, city

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