

Shot of Courage



For my birthday this year, I got a flu shot. Not the kind of shots that I used to do! Things are quite different now.

These days, we've all heard that we should get a flu shot. Honestly, I've only gotten two in my life despite having MS, mainly because of laziness.

My doctors encouraged me to get a flu shot, as they do every year. But this year, it took on a different level of urgency. It's not about me. It's about the public health.

I got a flu shot. I want to be part of the solution, not part of the problem. Similar to wearing a mask, I feel that it's the compassionate thing to do.

If the hospitals have a lot of COVID-19 patients, I don't want to get the flu and take up valuable space or hospital workers' attention.

I know that wearing masks and socially distancing is also helping the flu and other respiratory diseases be fairly mild this year, [according to data from the Southern hemisphere](#). However, I still felt getting the shot was the right thing for me to do.

I went to my local pharmacy and got the flu shot. I wanted to make sure I could make an appointment, which I easily did online. My pharmacy only scheduled three days in advance. Many pharmacies now allow for appointments.

My neurologist really encouraged me to go to a place where I could make an appointment, so

I didn't have to sit in a waiting room and potentially expose myself to the coronavirus. PCPs and urgent care centers also are options.

I receive an infusion of Tysabri every 28 days. I had to make sure I was not two weeks on either side of my infusion, per my doctor.

My experience was fine. It took only a few minutes. It was \$5, but free with most insurances. Mine was free.

The flu shot does not contain a live virus. I know that's what is important to those of us with MS. I did not have any side effects from getting the shot.

Flu shots are widely available. So, talk to your doctor to determine if it's right for you. I also found this [Society page](#) to be a good source of information

Since public health and my role in it is top of mind for me now, I am glad I got the flu shot. Happy birthday to me!

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