

# FLU VACCINE

Getting an influenza vaccine (or “flu shot”) each year is one of the simplest and most effective steps you can take to protect yourself and those around you from getting sick. Let’s take a look at some facts and FAQs on flu vaccines!

## Who Should Get a Flu Vaccine?

**Everyone 6 months and older** should get a flu shot every year, unless their doctor says otherwise. It's especially important for children, adults 65 and older, pregnant women, and people with certain medical conditions (like asthma, obesity, diabetes, or a weakened immune system).

## Why Get Vaccinated?



- Protects you from getting the flu, and reduces the risk of severe illness if you do get sick
- Prevents hospital visits and complications
- Helps protect others who are vulnerable
- A common myth is that “the flu shot gives you the flu”. This is **False**. Some people may have mild side effects like soreness or a low-grade fever, but these are short-lived and much less severe than the flu itself.

## What Types of Flu Vaccines Are Available?

- Regular flu shots (injected)
- Nasal spray vaccine (for certain age groups)
- Special high-dose options for older adults
- Ask your doctor or pharmacist which type is best for you

## When Should You Get It?

- Aim to get vaccinated **each year** in September or October, before flu season picks up.

## Where to Get a Flu Shot?

- Doctor’s office
- Pharmacies (like CVS or Walgreens)
- Local health clinics or health department
- Most insurance plans cover a free flu shot