Flu Season Is Here
Get Vaccinated Today

Who should get the vaccine?

- **EVERYONE 6 MONTHS AND OLDER**
  - Children & Infants
  - Pregnant Women
  - Seniors
  - People with Disabilities
  - People with Health Conditions
  - Travelers & People Living Abroad

- **PEOPLE AT HIGH RISK**
  - It is especially important to get the vaccine if you, someone you live with, or someone you care for is at high risk of complications from the flu.

Can I get the flu from the vaccine?

- **NO, YOU CAN'T GET THE FLU** from the flu vaccine. The flu vaccine protects you from the flu, not the common cold. But you may experience some side effects.

- **MILD REACTIONS** such as soreness, headaches, and fever are common side effects of the flu vaccine.

How should I get the vaccine?

- There are two types of vaccine, the flu shot and the nasal spray. Both protect against the same virus strains.

  - **FLU SHOT**
    - Made with inactivated (killed) flu virus
    - Given by needle
    - Approved for use in healthy people older than 6 months and people with chronic health conditions

  - **NASAL SPRAY**
    - Made with weakened live flu virus
    - Given with a mist sprayed in your nose

When should I get the vaccine?

- Get your flu shot or spray today.
  - Flu season usually peaks in January or February, but it can occur as late as May. Early immunization is the most effective, but it is not too late to get the vaccine in December, January or beyond.

Where can I get the vaccine?

- Visit FLU.GOV and use the FLU VACCINE FINDER.

- Enter Zip Code

FLU.GOV
A federal government website managed by the U.S. Department of Health & Human Services
200 Independence Avenue, S.W. - Washington, D.C. 20201