

Take time to get a flu vaccine

The best way to protect against influenza is to get a flu vaccine every flu season.

Why get vaccinated against influenza (flu)?

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and vaccination is the best way to protect against influenza. Even healthy children and adults can get very sick from the flu and spread it to family and friends.

There are two reasons for getting a yearly flu vaccine.

- 1) Flu viruses are constantly changing so flu vaccines may be updated from one season to the next to protect against the most recent and most common viruses.
- 2) A person's immune protection from vaccination declines over time. Annual vaccination is needed for optimal protection.

Who should get a flu vaccine?

Everyone is at risk for seasonal influenza.

Health experts now recommend that everyone 6 months of age and older get vaccinated against influenza. While everyone should get a flu vaccine each flu season, it's especially important that people in the following groups get vaccinated either because they are at high risk of flu-related complications or because they live with or care for people at high risk for flu-related complications:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - o Health care workers
 - o Household contacts of persons at high risk for complications from the flu
 - o Household contacts and out of home caregivers of children younger than 6 months of age (these children are too young to be vaccinated)



Some children 6 months to 8 years of age may need 2 doses of the vaccine to be fully protected. Ask your doctor.

For a complete list, see "Who Should Get Vaccinated Against Influenza" at <http://www.cdc.gov/flu/protect/whoshouldvax.htm>

Who should NOT get a flu vaccine?

Influenza vaccine is not approved for use in children younger than 6 months so they should not be vaccinated, but their caregivers should be vaccinated instead. And people who are sick with fever should wait until their symptoms pass to get vaccinated. Some people should not be vaccinated before talking to their doctor.

This includes:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillian-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.

If you have questions about whether you should get a flu vaccine, consult your health care provider.

For a complete list, see “Who Should Get Vaccinated Against Influenza” at <http://www.cdc.gov/flu/protect/whoshouldvax.htm>

When to Get Vaccinated

Get vaccinated soon after vaccine becomes available in your community, ideally by October.

However, as long as flu viruses are circulating, vaccination should continue to be offered. Seasonal flu outbreaks can happen as early as October and last as late as May. About 2 weeks after vaccination, antibodies that provide protection against the influenza viruses in the vaccine develop in the body.

Flu vaccines are offered in many doctors’ offices and clinics. Even if you don’t have a regular doctor or nurse, you can get a flu vaccine at other places like your local health department, a pharmacy, an urgent care clinic, and maybe your school, college health center, or workplace.

What kinds of flu vaccines are available?

There are several flu vaccine options. Traditional flu vaccines made to protect against three different flu viruses (called “trivalent” vaccines) are available. In addition, there are flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines).

The trivalent flu vaccine protects against two influenza A viruses and an influenza B virus. The following trivalent flu vaccines are available:

- Standard dose trivalent shots that are manufactured using virus grown in eggs. There are different brands of this type of vaccine, and each is approved for different ages, beginning with 6 months and older.
- A standard dose trivalent shot containing virus grown in cell culture, which is approved for people 18 and older.
- A standard dose trivalent shot that is egg-free, approved for people 18 through 49 years of age.
- A high-dose trivalent shot, approved for people 65 and older.
- A standard dose intradermal trivalent shot, which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot, approved for people 18 through 64 years of age.



What kinds of flu vaccines are available? (cont'd)

The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses. The following quadrivalent flu vaccines are available:

- A standard dose quadrivalent shot
- A standard dose quadrivalent flu vaccine, given as a nasal spray, approved for people 2 through 49 years of age

What are the benefits of getting the flu vaccine?

- **PROTECTION for yourself.**
- **PROTECTION for newborns and infants who are too young to get vaccinated.**
- **PROTECTION for other people at high risk for complications from flu.**

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2007, estimates of flu-related deaths in the United States range from a low of 3,000 people to a high of about 49,000 people. Each year, more than 200,000 people are hospitalized from the flu, including an average of 20,000 children younger than 5 years of age.

What are the side effects of the flu vaccine?

Flu shots are safe and cannot give you the flu because they are made from killed or very weakened virus, but there may be some mild side effects from the two different types of vaccines (shot and nasal spray).

The most common side effects from the flu shot are soreness, redness, tenderness or swelling where the shot is given.

Side effects from the nasal spray vaccine include runny nose, cough, or nasal congestion.

Everyone 6 months of age and older is recommended to get vaccinated against the flu.

A flu vaccine reduces your risk of illness, hospitalization, or even death and can prevent you from spreading the virus to your loved ones. Protect your family from flu: get vaccinated.

For more information about the seriousness of influenza and the benefits of influenza vaccination, talk to your doctor or nurse, visit www.cdc.gov/flu, or call CDC at **1-800-CDC-INFO**.