

HAVE YOU GOTTEN YOUR FLU SHOT YET?



WHO should get a flu shot?

According to the CDC's Advisory Committee on Immunization Practices (ACIP), everyone 6 months of age and older should get a flu vaccine every season. Flu vaccines are approved for use in pregnant women and those with chronic health conditions. Getting a flu shot is especially important for people who are at higher risk of serious complications from influenza. Talk with your doctor about any allergies you have before getting vaccinated.

WHY get a flu shot?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year.



WHEN should you get vaccinated?

You should get a flu vaccine now, if you haven't gotten one already this season. It's best to get vaccinated before flu begins spreading in your community. According to the CDC, it takes about two weeks after vaccination for antibodies to develop in the body that protect against flu. Getting vaccinated later in the season, can still be beneficial. Vaccination should continue to be offered throughout the flu season.

Children who need two doses of vaccine to be protected should start the vaccination process sooner because the two doses must be given at least four weeks apart.

WHAT types of vaccines are available?

CDC recommends use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2017-2018. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2017-2018.

Both trivalent (three-component) and quadrivalent (four-component) flu vaccines will be available.

CDC estimates that flu-related hospitalizations since 2010 ranges from **140,000 to 710,000**



HOW does the vaccine work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.



WHERE can you get a flu shot?

Flu vaccinations are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine at one of these places.

WHAT to EXPECT

Although a flu vaccine can't give you the flu, there are different side effects that may be associated with getting a flu shot. These side effects are mild and short-lasting. The viruses in the flu shot are deactivated, so you cannot get the flu from an influenza vaccination. Some minor side effects that may occur are: soreness, redness, or swelling where the shot was given, fever (low grade), aches.

