

Flu Vaccination:

Your Shot of Prevention



T H E F L U A N D Y O U

Did you know?

Influenza viruses change from year to year, and your immunity likely won't protect you from new strains, as in the case of H1N1, for example. Updating the vaccine annually can help prevent the spread of new viruses.

Getting vaccinated (shot or nasal spray) can reduce your chances of getting the flu. However, some people are at higher risk of illness or developing serious flu-related complications. These groups may have priority for the flu vaccine during flu seasons when vaccine supplies are limited or delayed.

Flu vaccination usually occurs in September and continues into December. Earlier is better to allow antibodies to build up.

CDC Recommendations for Vaccination

- 1 Children age 6 months up to their 19th birthday
- 2 Pregnant women
- 3 People 50 years of age and older
- 4 People of any age with certain chronic medical conditions
- 5 People who live in nursing homes and other long-term care facilities
- 6 People who live with or care for those at high risk for complications from flu, including:
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Note: The nasal-spray flu vaccine is an option for most people.

Talk to your health care provider first about what's right for you.