



## **Some key facts about seasonal flu vaccine from the CDC:**

The “flu shot” is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions, like asthma, diabetes, or heart disease.

Each vaccine contains three influenza viruses. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year.

Antibodies that provide protection against influenza virus infection develop in the body about 2 weeks after vaccination.

October and November is the best time to get vaccinated, but you can still get vaccinated in December and later, as flu season can begin as early as October and last as late as May.

Remember, the viruses in the flu shot are killed (inactivated), so you **cannot** get the flu from a flu shot. Some minor side effects that could occur include: soreness, redness, or swelling where the shot was given, low grade fever, or aches. If any of these problems occur, they begin soon after the shot and usually last only 1 to 2 days.

**In general, anyone who wants to reduce their chances of getting the flu can get vaccinated.**

You should get a flu shot each year if you live with, visit with, or care for people at high risk for severe complications from **influenza**. Groups at high risk include infants, pregnant women, kids and adults with chronic medical conditions (like asthma, diabetes, or heart disease) and adults aged 65 and older.

There are some people who **should not** be vaccinated without first consulting a physician. These include: people who have a severe allergy to chicken eggs, people who have had a severe allergic reaction to an influenza vaccination in the past, people who have developed Guillain-Barré syndrome (GBS) within 6 weeks of getting a flu shot previously, or children under 6 months of age.

**People who have a moderate or severe illness with a fever should wait to get a flu shot until their symptoms lessen.**

For more detailed information, visit the CDC on the web at: <http://www.cdc.gov>