

# Flu Season Is Here Get Vaccinated Today

## Who should get the vaccine?

### EVERYONE 6 MONTHS AND OLDER

Everyone **6 MONTHS OF AGE AND OLDER** should get the flu vaccine. Seasonal flu vaccines have a very good safety track record.



### PEOPLE AT HIGH RISK

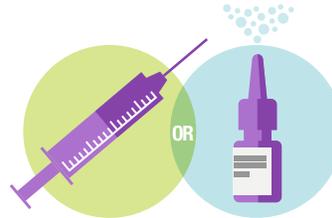
It is especially **IMPORTANT TO GET THE VACCINE IF YOU, SOMEONE YOU LIVE WITH, OR SOMEONE YOU CARE FOR IS AT HIGH RISK** of complications from the flu.

- Children & Infants
- Pregnant Women
- Seniors
- People with Disabilities
- People with Health Conditions
- Travelers & People Living Abroad

## Can I get the flu from the vaccine?

### NO, YOU CAN'T GET THE FLU

**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

**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



### NASAL SPRAY



Made with inactivated (killed) flu virus



Made with weakened live flu virus



Given by needle



Given with a mist sprayed in your nose



Approved for use in healthy people older than 6 months and people with chronic health conditions



Approved for healthy people between the ages of 2 and 49, except pregnant women

## 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**.

### Flu Vaccine Finder

Find flu clinics near you

Everyone six months of age and older needs a flu vaccine.

Enter Zip Code

GO

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