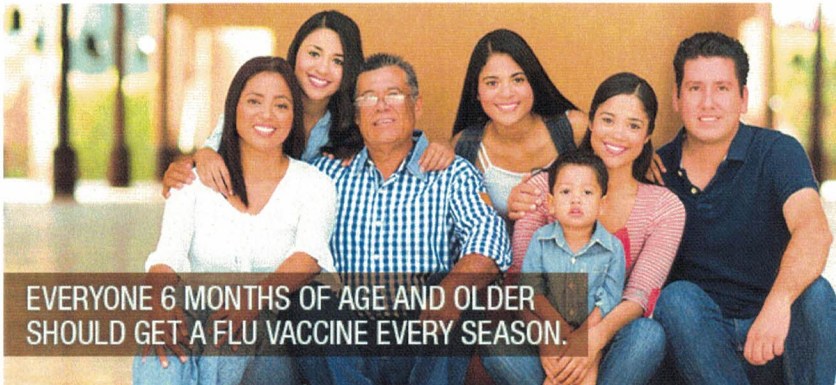


Influenza (Flu)

Who Needs a Flu Vaccine and When



Other Flu Questions

- What is influenza?
- When is the flu season?
- What is the treatment?

Flu Vaccine for 2019-2020 Season

For 2019-2020, CDC recommends use of any licensed, age-appropriate flu vaccine as an option for vaccination this season. These include:

- injectable flu vaccines, or flu shots, (IIV and RIV)
- live attenuated influenza vaccines, or nasal spray.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season with rare exception. Vaccination is particularly important for people who are at high risk of serious complications from influenza. See [People at High Risk of Developing Flu-Related Complications](#) for a full list of age and health factors that confer increased risk.

Flu vaccination has [important benefits](#). It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccine also has been shown to be life-saving in children. In fact, a 2017 [study](#) showed that flu vaccination can significantly reduce a child's risk of dying from flu.

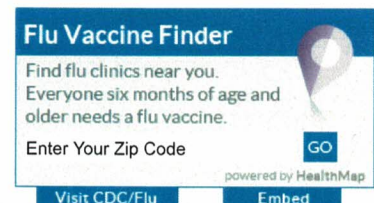
Different flu vaccines are approved for use in different groups of people. There are flu shots approved for use in children as young as 6 months of age and flu shots approved for use in adults 65 years and older. Flu shots also are recommended for use in pregnant women and people with certain chronic health conditions. The nasal spray flu vaccine is approved for use in non-pregnant individuals, 2 years through 49 years of age. People with some certain medical conditions [should not receive the nasal spray flu vaccine](#).

There are [many vaccine options](#) to choose from. CDC does not recommend one flu vaccine over another. The most important thing is for all people 6 months of age and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

More information is available at [Who Should Get Vaccinated](#).

Who Should Not Receive a Flu Shot:

Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any relevant allergies.



The widget is titled "Flu Vaccine Finder" and features a search bar for "Enter Your Zip Code" with a "GO" button. Below the search bar are two buttons: "Visit CDC/Flu" and "Embed". A map icon is visible on the right side of the widget. Text on the widget reads: "Find flu clinics near you. Everyone six months of age and older needs a flu vaccine." and "powered by HealthMap".

Information for who cannot get a flu vaccine and who should talk to their doctor before getting a flu vaccine is available at [Who Should & Who Should NOT Get Vaccinated](#).

Special Consideration Regarding Egg Allergy

People with egg allergies can receive any licensed, recommended age-appropriate influenza (flu) vaccine (IIV, RIV4, or LAIV4) that is otherwise appropriate. People who have a history of severe egg allergy (those who have had any symptom other than hives after exposure to egg) should be vaccinated in a medical setting, supervised by a health care provider who is able to recognize and manage severe allergic reactions.

When should I get vaccinated?

You should get a flu vaccine before flu viruses begins spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Getting vaccinated early (for example, in July or August) is likely to be associated with reduced protection against flu infection later in the flu season, particularly among older adults.

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.

Get vaccinated before flu season starts



It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.

Digital Resources



A Strong Defense Against Flu: Get Vaccinated!



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illness, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.1 million illnesses, 2.6 million medical visits, and 45,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for



FIGHT FLU

Pregnant? You Need a Flu Shot!



Information for pregnant women



The flu is a serious illness, especially when you are pregnant.

Even if you are generally healthy, changes in immune health and lung function during pregnancy make you more likely to get severely ill from flu. Pregnant women also get the flu at high risk of developing serious illness, including being hospitalized.

Flu shots are the best available protection for you – and your baby.

When you get your flu shot, your body starts to make antibodies that help you fight flu against the flu. Antibodies also can be passed on to your developing baby, and truly protect them for several months after birth. This is important because babies younger than 6 months of age are too young to get a flu vaccine. If you breastfeed your infant, antibodies also can be passed through breast milk. It takes about two weeks for your body to make

[PDF - 635 KB, 2 pages]

[PDF - 521 KB, 2 Pages, 8.5" x 11"]