A New Year … A New Flu Shot

Why are we concerned about people getting the flu?

The flu is a serious contagious disease that affects millions of people each year. Young and healthy people are less likely to have serious flu complications, but they can spread the infection to those at higher risk like the elderly and very young. Getting your flu shot helps protect you, your loved ones, and those around you.

How does the flu shot protect you?

The flu vaccine protects you in two ways. First, it may prevent you from getting the flu at all. But if you do still get the flu, being vaccinated decreases your likelihood of developing a severe case of illness and requiring hospitalization.

Why do you need a flu shot every year?

The flu strains that circulate change each year, so new flu vaccines are made to fight those new strains. The vaccine made for last year's strains will not protect you from getting the flu this year.

Where can you get a flu vaccine?

Flu vaccines are available from your primary care provider, at local pharmacies, and at the health department. The cost is generally covered by most insurance companies. For those without insurance, there are low/no cost vaccines available at the health department depending on your income.

For more information: Visit www.cdc.gov/flu

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