



Why get a flu shot?

An annual flu shot is the best way to reduce the chances that you will get the flu.

Influenza is a serious disease, and people of any age can get it. In an average year, the flu causes 36,000 deaths (mostly among those aged 65 years or older) and 114,000 hospitalizations in the United States. The “flu season” is usually from November through April each year. During this time, flu viruses are circulating in the population.

Does getting a flu shot every year weakens your immune system?

The vaccine actually prepares and boosts your immune system to help you fight the virus. There is strong evidence that people who get the flu shot each year are better protected against influenza than those who did not get the shot.

Does the influenza vaccine give people influenza?

The vaccine will NOT give you influenza. The influenza vaccine contains inactivated or killed influenza viruses that can NOT cause influenza infection.

What are the risks from getting a flu shot?

The risk of a flu shot causing serious harm, or death, is extremely small. However, a vaccine, like any medicine, may rarely cause serious problems, such as severe allergic reactions. Almost all people who get influenza vaccine have no serious problems from it.

Anyone with an anaphylactic (shock-like) allergy to eggs, or who has had a shock-like reaction to a previous dose of influenza vaccine, or who is concerned about a possible allergic reaction to the vaccine ingredients should talk to their doctor about getting the shot.

What are the side effects that could occur?

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches