

Flu Vaccine FAQs

Why should people get vaccinated against the flu?

- Influenza is a serious disease that can lead to hospitalization and sometimes even death.
- Every flu season is different, and influenza can affect people differently, but millions of people get the flu every year.
- Hundreds of thousands of people are hospitalized and tens of thousands of people die from flu-related causes every year.
- Even healthy people can get very sick from the flu and spread it to others.

How do flu vaccines work?

- Flu vaccines cause antibodies to develop in the body about two weeks after vaccination.
- These antibodies provide protection against infection with the viruses in the vaccine.
- The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Why do I need a flu vaccine every year?

- A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine provides optimal protection.
- Second, because flu viruses constantly change, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses.
- For the best protection, everyone 6 months and older should get vaccinated annually.

When is the best time to receive the flu vaccination?

- Fall is the time to get your annual flu vaccine. If possible, by the end of October.

What are the benefits of flu vaccination?

The effectiveness of the flu vaccine can vary, but there are a lot of reasons to get a flu vaccine each year.

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
- Vaccination helps protect women during and after pregnancy.
 - Pregnant women pass antibodies to their babies during pregnancy, which can protect a baby from the flu after birth.
- Flu vaccination may make your illness milder if you do get sick.
- Getting vaccinated also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

For vaccine schedules and guidelines visit:

<https://www.cdc.gov/vaccines/schedules/index.html>

Frequently asked questions gathered from:

<https://www.cdc.gov/vaccines/index.html>