

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 infection can affect people differently.
- Every year millions of people get the flu, hundreds of thousands are hospitalized and thousands or tens of thousands of people die from flu-related causes.
- 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 that are 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?

- The body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection.
- Flu viruses are constantly changing. 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, get your flu vaccine by the end of October.

What are the benefits of flu vaccination?

How well the flu vaccine works can vary, there are a lot of reasons to get a flu vaccine each year.

- It can keep you from getting sick with flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
- It's an important preventive tool for people with chronic health conditions.
- Vaccination helps protect women during and after pregnancy. Getting vaccinated can also protect a baby after birth from flu. (Mom passes antibodies onto the developing baby during her pregnancy.)
- It also 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 such as 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>

