Vaccines for the 2023-2024 flu season: What you need to know

Flu season is here, and it's time to think about getting the flu vaccine if you haven’t yet. There are different types of flu vaccines this season. Some are made for older adults to give them better protection.

**What flu vaccines are available?**
There are different flu vaccines for adults and children. For adults:

<table>
<thead>
<tr>
<th>Vaccine type</th>
<th>Who is it for?</th>
<th>How does it work?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flublok Recombinant Quadrivalent Vaccine</td>
<td>Anyone age 18 and older</td>
<td>A standard, single-dose vaccine</td>
</tr>
<tr>
<td>Fluad Quadrivalent Vaccine</td>
<td>Adults age 65 and older</td>
<td>A standard, single-dose vaccine</td>
</tr>
<tr>
<td>Fluzone High Dose Quadrivalent Vaccine</td>
<td>Adults age 65 and older</td>
<td>A higher single-dose vaccine (4 times higher)</td>
</tr>
</tbody>
</table>

For children, talk to your child's doctor about which option is best for them based on their health history.

**The possible side effects for any of these vaccines include:**
- Pain at the injection site
- Headache
- Muscle or joint aches
- Feeling weak and tired
When and where can I get a flu vaccine?

The best time to get the flu vaccine is in September or October, right before the flu season starts. You can get the vaccine at:

- Doctor's offices
- Pharmacies
- Some workplaces and schools

If you’re not sure which vaccine is right for you, ask your doctor or pharmacist.

Scan or click to learn more:

- More about adjuvants in vaccines: [www.cdc.gov/flu/prevent/adjuvant.htm](http://www.cdc.gov/flu/prevent/adjuvant.htm)
- Summary of vaccines: [www.cdc.gov/flu/professionals/vaccination/vax-summary.htm](http://www.cdc.gov/flu/professionals/vaccination/vax-summary.htm)

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