

# The flu shot

What you need to know and how to protect yourself with a flu shot



## → What is the flu?



The flu is a virus that affects the nose, throat, and lungs. It can spread between people quickly and make you feel sick. Flu symptoms include:

- Coughing
- Sore throat
- Runny nose
- Headache, and muscle and body aches
- Fever and chills
- Feeling very tired

## → What is the flu shot?

A vaccine that protects you against the flu virus that experts think will be common during the upcoming flu season – which goes from the fall to spring and peaks in February.

### Who should get the flu shot?

Everyone 6 months or older should get the flu shot.

### Why should I get the flu shot?

Our protection from vaccines goes down over time, and viruses are always changing. So, vaccines are updated every year to help protect against the new variants.

#### → The flu shot:

- Protects you from getting sick with the flu
- Helps you feel less sick if you do get the flu
- Helps protect certain groups of people from serious problems:
  - Pregnant people
  - Children
  - Older adults
  - People with chronic illnesses, like heart disease, diabetes, and COPD



### What are common flu shot side effects?

- Redness, soreness, or pain where you got the shot
- Headache
- Fever
- Muscle aches
- Feeling sick to your stomach (nausea)
- Feeling very tired



**The best way to protect yourself from the flu is to get your flu shot in September or October. Getting vaccinated also helps protect people around you!**



To learn more, visit: <https://www.cdc.gov/flu/prevent/flushot.htm>

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