

# Flu shot *FAQs*

Every year, millions of people get the flu. Some get very sick and need to be hospitalized. Thousands of people die from the flu every year.

This year as we battle COVID-19, getting a flu shot is more important than ever. Flu shots decrease the chance that you will be hospitalized or die from the flu. This helps ensure that hospitals will not become overwhelmed with flu and COVID-19 patients.



## WON'T LAST YEAR'S SHOT HELP ME?

Everyone needs to get a flu shot every year. There are two reasons why:

- Your immune system's protection from the shot gets weaker over time.
- Flu viruses are always changing, so you need a shot that has this year's flu strains in it.

## WILL A FLU SHOT INCREASE MY RISK OF GETTING COVID-19?

No. Studies have shown that a flu vaccine will not put you at risk for COVID-19. But it will help protect you from the flu, which also protects your loved ones and people around you!

## WILL THE FLU SHOT GIVE ME THE FLU?

The flu shot is made from inactivated flu virus. An inactivated virus cannot give you the flu.

Some people notice side effects from the shot like aches or a mild fever. These side effects last only a day or two. This is much milder than getting the flu, where fever, aches and other symptoms last a week or longer.

## WHAT IF I'M NOT HIGH RISK?

Everyone 6 months of age and older should get the flu shot, even if they have no health problems. Even young, healthy people — including children — can become very sick with the flu.

When more people get the flu shot, we help protect people who are high risk, including babies, older adults and people who are allergic to the shot.

## IS IT TOO LATE TO GET A FLU SHOT?

Even if you haven't gotten your flu shot yet, it's not too late. After getting the shot, you won't have immunity right away. It takes about two weeks for your body to develop antibodies to the flu.

Source: Centers for Disease Control and Prevention, World Health Organization