

# Get a flu vaccine

**FACT:** Flu vaccine is the single best way to reduce your risk from seasonal flu.



Persons age 6 months and older are advised to get a yearly flu vaccine.

Find out where to get a flu vaccine from the Find Flu Vaccines at [vaccines.gov/find-vaccines](http://vaccines.gov/find-vaccines).

Flu shots are for anyone 6 months and older. The nasal spray is for healthy people from 2-49, except pregnant women.

Flu vaccine comes in two forms – a shot and a nasal spray.

Get your flu vaccine as soon as it is available in your area, but it is not too late to get it in December, January, or beyond.

Flu season usually peaks in January or February, but it can occur as late as May.