



Get Recommended Immunizations

Plan for Success

See that you get your yearly flu vaccine. This is the single best way to help protect you from getting the flu or reduce severity of illness if you still get the flu.

Understand that you need a flu vaccine every year because flu viruses are always changing and adapting. Each year, scientists make a vaccine based on the viruses most likely to cause the flu that year.

Consider getting the flu vaccine as soon as you can each year. It can take up to two weeks to build up immunity to the flu viruses in the vaccine. Get a COVID vaccine or booster when recommended.

Consult your health care team for other vaccines that are right for you and where to receive them. Vaccines are based on your age, gender, health status, and family health history.

Electronic medical records alert your health care team to discuss which vaccines you should get and how often you should get them according to your age, but you can ask your provider about vaccines at any visit.

Stay up-to-date with your vaccines to protect yourself and people around you. Keep a record of vaccines.

Search for information about different vaccines at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

