



Who should get the flu shot?

The Centers for Disease Control and Prevention recommends that **everyone 6 months and older get a flu vaccine every year.**

Getting a flu shot is critically important for people who have chronic health conditions.



For people who have heart disease, getting a flu shot can lower their risk of some cardiac events, such as heart attack and stroke.



The flu shot can reduce the risk of hospitalization for flu-related chronic lung disease for people who have chronic obstructive pulmonary disease (COPD).



For people who have diabetes and chronic lung disease, getting a flu shot lowers their risk of hospitalization from the flu.



People 65 years and older are at higher risk of developing serious flu complications compared with young, healthy adults. People 65 and older should get a higher dose or adjuvanted flu vaccine.

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Where can I get a flu shot?

There are many places that offer flu shots. Where you decide to get a flu shot will likely depend on location and cost.

Flu shots are available from:

- Your family doctor
- National pharmacies (such as CVS and Walgreens)
- Clinics
- Community Health Centers
- Urgent Care Centers
- Public Health Departments
- Colleges (free for students)
- Some employers



Find a flu shot near you

Enter your zip code at **vaccines.gov** or **vaccinefinder.org** to help you locate options near you.

Source: The Centers for Disease Control and Prevention, "Key Facts About Seasonal Flu Vaccine"



familydoctor.org

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Vaccine safety

The flu vaccine is safe.

There are very few side effects:

- Your arm may be sore for a few days.
- You may have a low-grade fever.
- You may feel tired.

Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications.

Source: The Centers for Disease Control and Prevention



Getting a flu shot will lessen your risk of getting a severe case of the flu, which can keep you out of the hospital.

Does getting the flu shot increase my risk for getting COVID-19?

No. There is no evidence that getting a flu shot will put you at higher risk of getting sick from a coronavirus, like the one that causes COVID-19.

Source: The Centers for Disease Control and Prevention, "Key Facts About Seasonal Flu Vaccine"

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How much will the flu shot cost?

Cost for the flu shot ranges from

FREE-\$50



What you pay will depend on whether you have insurance

- Private insurance
- Affordable Care Act
- Medicare Part B

Flu shots are FREE with insurance at most places.

When should I get my flu shot?

It's best to get your flu shot in the fall so that the vaccine can protect you throughout the flu season (about 6 months).



Flu season in the U.S. ramps up around October and runs through late spring.

No insurance? Shop around.



- If you do not have insurance, look for places offering discounted flu shots.
- You can often find coupons online and many national pharmacies offer deals.
- **GoodRx** offers cost comparisons for flu shots to use as a guide.