



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.

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



familydoctor.org

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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.

FOLD AND KEEP AS A POCKET GUIDE



Vaccine safety

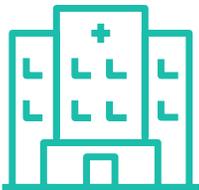
The flu vaccine is safe.

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.