

Flu Immunization Frequently Asked Questions (FAQ)

Q: Who should get a flu shot?

A: Getting a flu shot is the best way to protect yourself and your loved ones. Anyone 6 months and older should receive one; unless they have a severe allergy to the flu vaccine or any of its ingredients.

Q: When is the best time for me to get vaccinated?

A: Flu season is from October to January, so it is best if you can get vaccinated by October.

Q: What are kinds of vaccines are available?

A: Please refer to the 2015-16 immunization chart.

Q: What are some possible side effects from getting the flu shot?

A: It is possible to feel sore at the injection site, experience a low-grade fever, and body aches which normally last 1-2 days.

Q: Can I get sick from the flu shot?

A: You cannot get the flu from the flu shot. It takes about two weeks for your body to create antibodies, so if you do get sick it was not from the flu shot.

Q: Can I still get the flu even though I got the flu shot? What do I do if I suspect I have it?

A: It is impossible to predict which strain of flu will be the most dominant during the season, which may not be included in the vaccine. If you do get the flu, the vaccine may make your symptoms less severe, than if you did not have the vaccine. If you suspect you have gotten the flu, please contact your health care provider.

Q: I am pregnant and/or breastfeeding, can I still get the flu shot?

A: Yes. The flu shot has been given safely to millions of pregnant and breastfeeding women over the years. If you have any concerns, please talk to your health care provider.

Q: I'm allergic to eggs, what are my options?

A: Flublok, a nasal mist, may be your best option. It is manufactured with no chicken eggs.

Q: What are some possible side effects of the nasal spray?

A: Adults and children may experience runny nose, headache, sore throat, and cough. Some children may also experience wheezing, vomiting, and muscle aches.

All information retrieved from the Center for Disease Control (CDC) Website.
<http://www.cdc.gov/flu/about/qa/flushot.htm>
<http://www.cdc.gov/flu/protect/keyfacts.htm>