

Flu Shots 2024

WHO SHOULD GET A FLU SHOT?

Everyone who is 6 months and older should get an annual flu vaccine with rare exceptions. Flu shots are very important for people who have a higher risk of serious complications from the flu. If you have any questions regarding the flu shot, you should talk with your health care provider.



WHY IS IT IMPORTANT?

The flu can be a serious disease that may lead to hospitalization and sometimes even death. Every flu season is different, and the flu can affect people differently. Complications of the flu can include pneumonia, ear infections, and sinus infections. It can also worsen some chronic medical conditions such as heart failure, asthma, or diabetes. An annual flu vaccine is the best way to reduce the risk of having the flu and its potentially serious complications. Some people who get the flu shot may still get the flu, but the vaccine has shown in several studies it can reduce the severity of illness.

WHO HAS AN INCREASED RISK FOR SERIOUS COMPLICATIONS?

- People with liver disorders
- People who have had a stroke
- People with blood disorders (sickle cell)
- People with chronic lung disease (COPD & CF)
- People with endocrine disorders (diabetes mellitus)
- People with neurologic and neurodevelopment conditions
- People with a body mass index (BMI) of 40 kg/m² or higher
- People with heart disease (congenital heart disease, congestive heart failure and coronary artery disease)
- People with metabolic disorders (inherited metabolic disorders & mitochondrial disorders)
- People younger than 19 years old on long-term aspirin- or salicylate-containing medications
- People with a weakened immune system due to disease (such as people with HIV or AIDS, or some cancers such as leukemia) or medications (such as those receiving chemotherapy or radiation treatment for cancer, or persons with chronic conditions requiring chronic corticosteroids or other drugs that suppress the immune system)
- Adults 65 years and older
- Children younger than 2 years
- People with Asthma
- People with kidney disorders

Contact your Care Manager for concerns regarding your loved one.

OTHER GROUPS AT HIGH RISK

- Pregnant people and people up to 2 weeks after the end of pregnancy
- People who live in nursing homes and other long-term care facilities
- People from certain racial and ethnic minority groups are at increased risk for hospitalization with flu, including non-Hispanic Black persons, Hispanic or Latino persons, and American Indian or Alaska Native persons
- Although all children younger than 5 years old are considered at higher risk of serious flu complications, the highest risk is for those younger than 2 years old, with the highest hospitalization and death rates among infants younger than 6 months old

WHEN TO GET VACCINATED

For most people who need only one dose of influenza vaccine for the season, September and October are generally good times to be vaccinated against influenza. Ideally, everyone should be vaccinated by the end of October. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.



Remember to notify your care manager after you get your flu shot.

Helpful Links

Flu Shot Info Sheet



Where to Find a Flu Shot

