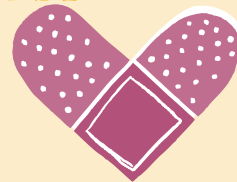


# Influenza

(Flu)



## Who should get vaccinated?

### Everyone

All individuals six months and older can get vaccinated every year during flu season from September to May, and are encouraged to get a vaccine early in the season.



## Why get vaccinated?

**This vaccine can prevent the flu, a disease with symptoms such as fever, chills, sore throat, muscle aches, fatigue, cough, headache, vomiting, diarrhea, and runny or stuffy nose.**

Complications include worsening of other medical conditions, pneumonia, sinus infection, ear infection, inflammation of the heart/brain/muscles, organ failure, sepsis, and death.

You can get the flu by touching surfaces with the influenza virus on it or breathing in air near someone who has the flu when they cough or sneeze.

Sometimes, people who receive the flu vaccine get the illness anyway, but the symptoms are usually more mild.

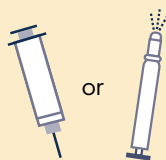
## Fast facts about the Flu vaccine

1



Everyone six months and older should receive a dose of the vaccine every year.

2



You can get the vaccine by injection or nasal spray.

3



The vaccine is usually 40 – 60% effective against the flu.

**To learn more about this vaccine and possible side effects, see the CDC Vaccine Information Statements:**



Health is a community effort — tell your friends, family, and coworkers. Learn more about the benefits of vaccines and which ones you might need at [JuntosEnSalud.org](https://www.juntosensalud.org).

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