

## VACCINE INFORMATION STATEMENT

# Influenza (Flu) Vaccine Information Statement Receiving a Flu Shot: What you need to know

### 1. Why get vaccinated?

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Everyone 6 months of age and older should get a flu shot every year. Getting a flu shot is the best way to prevent getting the flu. It's also the best way to protect those around you, especially people who are more likely to get very sick if they get the flu.

Getting a flu shot is important because:

- **It helps protect you from getting the flu.** If you do get the flu, it may be milder.
- **It helps protect others from getting the flu.** If you do get the flu, you're less likely to spread it to others.
- **It helps protect people who are more likely to get very sick if they get the flu.** These include children younger than 5 years old, adults 65 years and older, pregnant women, and people with certain health conditions.
- **It helps protect your family and friends.** If you get the flu, you're less likely to spread it to them.
- **It helps protect your community.** If you get the flu, you're less likely to spread it to others in your community.

### 2. Influenza vaccines

There are three types of influenza vaccines:

- **Inactivated influenza vaccine (IIV).** This vaccine contains killed (inactivated) viruses. It is given as a shot or nasal spray. It is recommended for everyone 6 months of age and older.
- **Recombinant influenza vaccine (RIV).** This vaccine contains only parts of the influenza virus. It is given as a shot. It is recommended for everyone 18 years and older.
- **Live attenuated influenza vaccine (LAIV).** This vaccine contains live, but weakened, viruses. It is given as a nasal spray. It is recommended for healthy people 2 through 49 years of age who are not pregnant.

### 3. Talk with your health care provider

Before you get a flu shot, talk with your health care provider about:

- **Getting a flu shot.** Your health care provider can tell you if you should get a flu shot and when to get it.
- **Other ways to prevent the flu.** Your health care provider can tell you about other ways to prevent the flu, such as handwashing and covering your nose and mouth when you cough or sneeze.
- **Other health conditions you have.** Your health care provider can tell you if you have any health conditions that might make you more likely to get very sick if you get the flu.
- **Other people you live with or care for.** Your health care provider can tell you if you live with or care for anyone who is more likely to get very sick if they get the flu.
- **Other things you can do to protect yourself and others.** Your health care provider can tell you about other things you can do to protect yourself and others from getting the flu.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
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## 4. Risks of a vaccine reaction

## **5. What if there is a serious problem?**

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## **6. The National Vaccine Injury Compensation Program**

## **7. How can I learn more?**