

## Flu Vaccine FAQ 2024-2025 season

### **Question: When is the best time to get the influenza vaccine?**

**Answer:** It is best to get vaccinated before the flu season begins, usually September or October are generally good times to receive your influenza vaccine. Receiving the vaccine during one of those months will allow for you to be fully protected throughout the full flu season.

### **Question: Can I get an influenza vaccine and a COVID-19 vaccine at the same time?**

**Answer:** Yes, you may receive both the COVID-19 and the influenza vaccine at the same time if you are eligible.

### **Question: What are the symptoms of the flu?**

**Answer:** People that get the flu most often have fever, cough, sore throat, body aches, runny or stuffy nose, tiredness, headache, vomiting or diarrhea (more common in kids than adults). If you or someone you know has these symptoms, it is important to contact your doctor as soon as possible.

### **Question: How does the flu spread?**

**Answer:** The flu can spread easily from person to person from coughing and sneezing. You can spread the flu to others before you know you are sick or have symptoms. Adults can infect others up to one day before symptoms show and 5-7 days after symptoms show. Children may spread the virus for 10 days or more.

### **Question: How long does the flu vaccine protect me?**

**Answer:** The flu vaccine will protect you throughout the fall, winter and spring months when you are vaccinated in the fall. Although some people may still catch the flu even though they are vaccinated, it will be less severe.

**Question: Where can I find the flu vaccine/or more information about the vaccine?**

**Answer:** Most doctors' offices have the flu vaccine, however if you do not have a primary care provider, pharmacies and health departments are other options to find the flu vaccine.

- [www.vaccinefinder.org](http://www.vaccinefinder.org)
- [www.vaccines.gov/get-vaccinated/where](http://www.vaccines.gov/get-vaccinated/where)
- <http://www.molinahealthcare.com/>
- <https://www.cdc.gov/>
- <https://www.hhs.gov/immunization/get-vaccinated>

**Question: How do I prevent the flu?**

**Answer:** The best way to prevent the flu is to get the flu vaccine every year. You can help stop the spread of the flu yearly by covering you mouth when coughing or sneezing, washing your hands frequently for 20 seconds with soap and water, and staying home when you are sick.

**Question: How long does it take for the vaccine to provide protection against the flu?**

**Answer:** Generally, it takes around 8-10 days for the vaccine to generate a strong immune response to provide full protection. If you are planning on traveling during the flu season, it is best to get your vaccine at least 2 weeks before your trip.

**Question: I have had the flu before. Can I get it again?**

**Answer:** Yes, viruses change often that cause the flu. If you have had the flu or the flu vaccine in the past, you may get infected with a new strain of the flu. It is important to get your flu vaccine yearly.

**Question: Is there a specific flu vaccine I should get if I am older?**

**Answer:** Yes, for those 65 years and older they should receive one of the 2 listed vaccines.

1. Fluzone High-Dose (HD-IIV3) - a trivalent, inactivated, split-virus influenza vaccine
2. Fludac (aIIV3) - a trivalent, high dose inactivated influenza vaccine

**Question: What if I am 65 years old and one of the two vaccines are not available?**

**Answer:** If the preferred vaccines are not available at the time you go to get the vaccine, it is recommended to receive a standard-dose flu vaccine instead.

**Question: Can I get the flu vaccine if I have an egg allergy?**

**Answer:** Yes, you may receive the vaccine if you have an allergy to eggs. Those that have an egg allergy may receive any flu vaccine (non-egg based or egg based) that is otherwise appropriate for your age.

**Question: Should I get the flu vaccine if I'm pregnant?**

**Answer:** Yes, if you are pregnant, you should receive the vaccine. The flu is more likely to cause illness that results hospitalization in those that are pregnant. The flu vaccine can not only protect you but also your baby. The vaccine provides antibodies to you and your baby which is important since infants cannot receive the vaccine until they are less than 6 months old.

**Question: How old do I have to be to get the flu vaccine?**

**Answer:** Anyone that is greater than 6 months old is eligible to receive a flu vaccine and it is recommend each year.

**Question: Which vaccine should I receive if I'm less than 65 years old?**

**Answer:** Below is a list of flu vaccines that you may receive if you are less than 65 years old.

- Fluarix (IIV3) - 6 months & older
- FluLaval (IIV3) – 6 months & older
- Fluzone (IIV3) – 6 months & older
- Fluzone (IIV3) – 6 months through 35 months
- Flucelvax (ccIIV3) – 6 months & older
- Afluria (IIV3) – 6 months & older
- Afluria (IIV3) - 3 years & older
- FluMist (LAIV3) – 2 through 49 years
- Flublok (RIV3) – 18 years & older

**Question: How many doses should I receive of the flu vaccine?**



**Answer:** Each person should receive one single dose of the flu vaccine each year when entering the fall season. It is best to receive your vaccine around September or October each year.

### Question: I'm healthy but I am a caregiver. Do I need to get the vaccine?

**Answer:** Yes, you should get the flu vaccine. If you are a caregiver of someone who is older or has medical conditions that put them at risk for developing severe disease, you should receive the vaccine to better protect them from getting the flu and becoming hospitalized.

### Question: What if I am traveling?

**Answer:** If you are traveling, it is recommended to receive the vaccine at least 2 weeks before you travel so the vaccine has enough time to provide protection before you go on your trip. If you are sick with influenza, you should not travel.

#### References

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6. Fluzone High-Dose Quadrivalent (influenza vaccine) [prescribing information]. Swiftwater, PA: Sanofi Pasteur Inc; June 2023.
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