

# What you need to know about the flu shot

There are many things we look forward to in the fall – cheering on the Cowboys or our favorite college teams, picking out the perfect pumpkin for carving, and cooler temperatures. But one thing no one looks forward to is catching the flu.

It's much easier to get the shot instead of getting the flu, so here's what you need to know about the vaccine this year.

## **Who should get a flu shot?**

Almost everyone! The CDC [recommends](#) that anyone over the age of six months should get the flu vaccine, with a few exceptions including for life-threatening allergies. If you have concerns, you should speak with your [primary care physician](#)!

## **Why should you get the flu shot?**

The flu shot is one of the best ways to protect yourself from the flu – besides washing your hands and practicing good hygiene! The vaccine prevented an [estimated 4.4 million illnesses](#) in the 2018-2019 flu season.

The predominant flu strains can change every flu season, so getting vaccinated *every year* can help keep you protected.

## **When should you get the flu shot?**

Now is the perfect time! The CDC [recommends](#) getting vaccinated by the end of October. The vaccine takes about two weeks to build immunity.

## **How effective is the flu shot?**

Overall, the flu shot is about [40-60 percent effective](#) in preventing the flu. And, getting vaccinated can also lessen your risk of severe illness!

*Are you feeling under the weather? Schedule an appointment with a primary care provider below!*