

National Influenza Vaccination Week

December 2-6, 2024

The best way to protect yourself and your family against the flu is by getting vaccinated.

Everyone six months of age and older should receive the flu vaccine every year. There are many reasons to get a flu vaccine each year:

- Flu vaccines help keep you from getting flu complications.
- Flu vaccines lower chances of illness and hospitalization.
- Flu vaccines during pregnancy help protect those who are pregnant.
- Getting vaccinated while pregnant can help protect a baby from flu after birth.
- Getting vaccinated helps protect infants, young children, and older adults in your family.
- Flu vaccines can be given at the same time as other recommended vaccines, such as COVID-19, and RSV.

