



# A STRONG DEFENSE AGAINST FLU: GET VACCINATED!



## WHAT KINDS OF FLU VACCINES ARE RECOMMENDED?

There are several licensed and recommended flu vaccine options this season:

- Standard dose flu shots made from virus grown in eggs
- Shots made with adjuvant and high dose for older adults
- Shots made with virus grown in cell culture instead of eggs
- Shots made using a recombinant vaccine production technology that does not require the use of a flu virus
- Live attenuated influenza vaccine (LAIV, the nasal spray vaccine), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant

## WHAT ARE SOME KEY REASONS TO GET A FLU VACCINE?

- Flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated
- A 2017 study showed that flu vaccine can be life-saving in children
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness

## WHY IS IT IMPORTANT TO GET A FLU VACCINE EVERY YEAR?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection

## IS THE FLU VACCINE SAFE?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at [www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm](http://www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm).

## WHEN AND WHERE CAN I GET VACCINATED?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later. To schedule a flu vaccine appointment at the East Hartford Health Department, call 860-291-7324 (option 1).

**TO SPEAK WITH A PUBLIC HEALTH NURSE,  
CONTACT THE EAST HARTFORD HEALTH  
DEPARTMENT AT 860-291-7324.**

