

Get a Flu Shot Each Year!



Influenza is a serious, some times fatal, disease – especially when it results in pneumonia. The best way to prevent the flu is to have a yearly vaccination.

When should I get vaccinated?

You need a flu shot every year. The best time to get one is early October through mid-November (northern hemisphere) or early March through mid-April (southern hemisphere).

Who should be vaccinated?

Everyone should consider vaccination. It is especially important for:

- Children between 6 months and 23 months old
- Children with underlying medical conditions or who are on chronic aspirin therapy
- Anyone with a chronic medical condition
- Pregnant women
- Adults over 65 years old ([USA: Adults over 50 years old](#))
- Residents of communal living spaces, such as nursing homes
- People who have regular contact with anyone listed above (caregivers, medical staff, etc.)

Will a seasonal flu vaccine protect me from influenza H1N1?

No – but annual vaccination can contribute to the prevention of a severe pandemic. Humans with seasonal flu can become a ‘mixing vessel’ for influenza H1N1 and seasonal flu, which might result in a new flu strain that could cause a severe pandemic and infect millions of people.