

Never been vaccinated against flu?

You should know:



Flu vaccination is safe.

This year's vaccine is made in the same way as past flu vaccines, and will protect against 2009 H1N1 and other seasonal flu viruses.



If you hate shots, there's an alternative.

The nasal spray* flu vaccine is just as effective.



You can't get flu from the flu vaccine.

The flu shot and nasal spray* are made with dead and weakened flu viruses respectively and do not cause flu.



It's never been more convenient to get vaccinated.

Vaccines are provided at pharmacies and clinics throughout the country.



Vaccination is the single best way to protect yourself and your family against the flu.

According to the CDC, everyone 6 months and older should get vaccinated against the flu every year.