

FAMILY & FRIENDS FIGHT THE FLU TOGETHER



Get the Facts on the Flu Vaccine

- Get the information you want to know about the Flu vaccine: safety, effectiveness, and availability.
- Find out who needs the Flu vaccine.
- Tips to help you, your family and friends prevent getting the flu.

Is the flu vaccine safe?

Yes. Flu vaccines have an excellent safety record. They have been given to hundreds of millions of people for more than 50 years and have a very good safety track record. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA), and other partners to ensure the highest safety standards for flu vaccines.



Can I get the flu from the vaccine?

No, the flu vaccine cannot cause flu. The vaccines either contain inactivated virus, meaning the viruses are no longer infectious, or a particle designed to look like a flu virus to your immune system.

Do flu vaccines cause any side effects?

Yes. Flu vaccines like any medical product can cause side effects. Side effects of the flu vaccine are generally mild and go away on their own within a few days. Common side effects from the flu shot include: soreness, redness, and/or swelling from the shot, Headache, Fever, Nausea, and Muscle aches.

Can I be allergic to the flu vaccine?

Yes. It is very important that you discuss any allergies you have before being administered a flu vaccine. Of course with any vaccine look for any signs of a severe allergic reaction that can look like the following: difficulty breathing, hoarseness or wheezing, swelling around the eyes or lips, hives, paleness, weakness, and a fast heart beat or dizziness.

Life threatening allergic reactions to the flu shot are rare. These signs would most likely happen within a few minutes to a few hours after the vaccine is given. If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get to the nearest hospital. Otherwise, call your doctor.

Do I need a flu vaccine?

Yes. Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Flu vaccines are recommended for everyone 6 months of age and older. Pregnant people, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Why do I need 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. Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.

When and Where to 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. Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace



How do I prevent getting the Flu?

The flu vaccine is the first and most important action to protect against the flu and potentially serious complications. You can take every day actions to prevent the flu such as the following: avoiding people that are sick, wash your hands with soap and water for at least 30 seconds, avoid touching your eyes, nose, and mouth, and cover your nose and mouth with a tissue or your arm when you cough or sneeze.

Provider Contact Information

New Hampshire Immunization Program Contact Information

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