



It's Not Too Late — Vaccinate

Blue Cross Complete of Michigan shares what you need to know about the flu vaccine.

Flu season shows no signs of abating. In fact, it's reached widespread levels in 49 states and Puerto Rico, according to the Centers for Disease Control and Prevention.

Here are some common questions about the flu shot:

Is it too late to get the flu shot?

No. Flu season is far from over. While each flu season is different, activity typically peaks between December and February, but can last as late as May.

Can I catch the flu from the shot?

No. You can't catch the flu from the flu shot. The shot may be made up from a part of the flu virus that has been killed and won't infect you, or it doesn't contain any part of the virus. The shot is safe for adults and children over six months of age.

How often do I need a flu shot?

You should get a flu shot every year. Varying strains of the flu are more common in different years. The shot is updated each year to protect against the most common versions of the flu for that season.

Who should get a flu shot?

Most people should get the flu shot. For people at a high risk of catching the flu or those with certain health problems, it's especially important to get the flu shot.

People at high risk for the flu include:

- Pregnant women.
- Children younger than two years of age and their caregivers. (Children younger than six months of age are too young to get a flu shot.)
- Adults over age 65.
- People who live in nursing homes or other long-term care facilities.

Adults and children who have the following health problems are at risk of severe complications from the flu:

- Long-term lung problems or problems that make it harder to breathe.
- Asthma.
- Heart problems (except high blood pressure).
- Kidney disease.
- Liver, blood, or metabolic problems.
- Sickle cell disease.
- Diabetes.
- Severe obesity.
- Adults and children who have weak immune systems caused by medicines or HIV.

Where do I get a flu shot?

You can get a flu shot from your primary care doctor or pharmacy. Depending on the state, a pharmacy may not be able to administer vaccines to children under a certain age.

“You should get a flu shot every year, even if you can't get it until later in the season. It's never too late for prevention, and receiving a flu shot may lessen your symptoms should you get the flu.”

Dr. Donald Beam
Chief Medical Officer
Blue Cross Complete of Michigan