Influenza

Everyone 6 months and older in the United States should get an influenza (flu) vaccine every season with rare exception. CDC’s Advisory Committee on Immunization Practices has made this “universal” recommendation since the 2010-2011 flu season.

For people younger than 65 years, CDC does not preferentially recommend any licensed, age-appropriate influenza (flu) vaccine over another during the 2022-2023 flu season. Options for this age group include inactivated influenza vaccine [IIV], recombinant influenza vaccine [RIV], or live attenuated influenza vaccine (LAIV), with no preference for any flu vaccine over another.

Children 6 months of age and older are recommended to get an annual influenza vaccine. Children younger than 5 years old—especially those younger than 2—are at higher risk of developing serious [influenza-related complications](https://www.cdc.gov/flu/symptoms/symptoms.htm). An influenza vaccine is the best way to reduce the risk of getting sick with flu and developing any of the potentially that can result. Flu vaccination also can reduce the spread of flu to others.

Children can get vaccinated as soon as flu vaccines become available—even if this is in July or August. [Children 6 months to 8 years of age receiving their first influenza vaccine](https://www.cdc.gov/flu/highrisk/children.htm#anchor_1577721999236), who have not previously received a total of two or more doses in their lives, or whose influenza vaccination history is unknown [need two doses](https://www.cdc.gov/flu/highrisk/children.htm#anchor_1577721999236). For those children it is recommended to get the first dose as soon as vaccine is available, because the second needs to be given at least four weeks after the first.