



Seasonal Flu Vaccine Basics

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WHAT TO KNOW

- This page provides essential information about seasonal influenza (flu) vaccines, including their purpose and effectiveness.
- Everyone 6 months and older should get a flu vaccine every season with rare exceptions.
- Vaccination is particularly important for people who are at higher risk of serious complications from flu.
- People with egg allergy may receive any vaccine (egg-based or non-egg-based) that is otherwise appropriate for their age and health status.
- Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year.

Benefits of flu vaccination

Flu vaccination can keep you from getting sick with flu.

- Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. For example, during [2019–2020](#), the last flu season prior to the COVID-19 pandemic, flu vaccination prevented an estimated 7 million influenza illnesses, 3 million influenza-associated medical visits, 100,000 influenza-associated hospitalizations, and 7,000 influenza-associated deaths in the United States.
- During seasons when flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40% to 60%.

Advisory Committee on Immunization Practices Recommendations

Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices — United States, 2024–2025 Influenza Season has been published.

[Recommendations](#)

Vaccines and people with egg allergies

People with egg allergy may receive any vaccine (egg-based or non-egg-based) that is otherwise appropriate for their age and health status.

KEEP READING:

[Vaccines and People with Egg Allergies](#)

Why getting vaccinated is important

Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu can affect people differently, but during typical flu seasons, millions of people get flu, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes. Flu can mean a few days of feeling bad and missing work, school, or family events, or it can result in more serious illness.

KEEP READING:

[Key Facts About Seasonal Flu Vaccine](#)

Who should get vaccinated

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at higher risk of serious complications from influenza.

KEEP READING:

[Who Needs a Flu Vaccine](#)

Getting a flu vaccine and other recommended vaccines at the same time

Coadministration of vaccines refers to giving or getting more than one vaccine during a visit. This is common clinical practice. While there are some exceptions, most vaccines can be given at the same visit.

KEEP READING:

[Getting a Flu Vaccine and other Recommended Vaccines at the Same Time](#)

SOURCES

CONTENT SOURCE:

[National Center for Immunization and Respiratory Diseases \(NCIRD\)](#)