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Vital health information in a minute

## MARK YOUR CALENDAR TO GET YOUR FLU SHOT

**August is National Immunization Awareness Month.**
Are you ready for flu season? Getting your flu shot is an important way to protect yourself and others from getting the flu. And getting your shot at the right time matters.

**Flu season: October – May**

The Centers for Disease Control and Prevention (CDC) recommends getting the flu shot by the end of October, before peak flu season begins.[1] Getting a flu shot can still be helpful later in the flu season, but it's best to get your shot early.[1]

Here's a timeline to help you stay on target.

**September**
Flu shots first become available.

**October**
Try to get your flu shot by the end of October.

**November**
It takes two weeks after vaccination for antibodies to develop in your body and start providing protection against the flu virus.

**December, January, February**
Peak time for flu illness.

**March, April, May**
Flu season can last as late as May.

**Protect yourself by scheduling your flu shot in October, or as soon as it's available this fall.**

**Source:**


1. Centers for Disease Control and Prevention. "Frequently Asked Flu Questions 2018–2019 Influenza Season." https://www.cdc.gov/flu/about/season/flu-season-2018-2019.htm (last reviewed/updated January 10, 2019).



This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.