



# 2021-22 Influenza FAQs

## **What is the recommendation for getting a flu vaccine for the 2021-22 flu season?**

Annual flu vaccination is recommended for everyone 6 months and older, with few exceptions.

## **Can I get a flu vaccine and COVID-19 vaccine at the same time?**

Yes! Experience with other vaccines has shown that the way our bodies develop protection, known as an immune response, after getting vaccinated and possible side effects of vaccines are generally the same when given alone or with other vaccines.

## **Will this season's flu vaccine match be affected by the low levels of flu virus activity last season?**

The Centers for Disease Control and Prevention (CDC) conducts year-round surveillance of circulating flu viruses and uses this and other sources of information to select the viruses to include in vaccine production. For the upcoming flu season, although fewer flu viruses were available to inform the selection process, CDC does not think that this will impact the match between circulating viruses and vaccine viruses because those viruses that were circulating were well sampled. However, it is important to note that there is always the possibility of a less than optimal match between circulating viruses and the viruses used to produce vaccine given the way flu viruses are constantly changing.

## **When will flu activity begin and when will it peak?**

The timing of flu is difficult to predict and can vary in different parts of the country and from season to season. Reduced population immunity due to lack of flu virus activity since March 2020 could result in an early and possibly severe flu season.

## **I received the flu shot. Is there anything else I can do to prevent getting the flu?**

Hand hygiene and covering your cough is essential in preventing the spread of the flu.

## **Why did I get the flu after I got the flu shot?**

Symptoms can show up 1-4 days after being exposed to flu virus droplets. It takes the body about 2 weeks after getting the flu vaccine for antibodies that protect against the flu to develop in the body. This is why it is important to get vaccinated early.

## **Is September too early to get the flu shot?**

September is not too early. You need to receive the flu vaccine before flu begins spreading in your community, and this cannot be predicted each season, so the sooner the better! You will be protected through the flu season if you receive your vaccine in September.