



How is the flu shot different from the nasal spray vaccine

Unlike the flu shot, which is made from a killed virus that is injected into your muscle, the nasal spray is a live virus which you breathe in through your nose. The nasal spray is made with a virus strong enough to cause your body to make antibodies, but not strong enough to make you sick.

- The nasal spray should only be used for healthy people between the ages of 2 and 49 years old.
- The flu shot can be used for healthy people and people who have health conditions who are over the age of 6 months.
- Both the shot and the nasal spray vaccines will protect you from the flu.



Up your flu IQ

- Connecticut Flu Watch – www.ct.gov/ctfluwatch for updates and additional information
- Flu.gov – www.flu.gov
- Department of Public Health Immunizations – www.ct.gov/dph/immunizations

u p y o u r
FLU IQ

**Your best defense:
 the importance
 of seasonal flu
 vaccinations.**

www.ct.gov/ctfluwatch
 or call 860-509-7929





Get vaccinated

The single best thing you can do to protect yourself from influenza (the flu), is to get vaccinated. The Centers for Disease Control and Prevention recommends that everyone over the age of 6 months get a flu vaccine every year.

Based on who is most likely to get the flu, and who is at greatest risk of getting very sick from it, certain people should get vaccinated first. These include:

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Children 6 months through 19 years of age – especially very young children
- People 50 years and older
- People of any age who have health conditions that put them at risk for getting very sick from the flu. Ask your healthcare provider if you have a condition that may put you at risk.



Where to get vaccinated

You can get the flu vaccine in a number of different places. These include getting the vaccine from your regular healthcare provider or going to a clinic held by your local health department, school, workplace or pharmacies.

- The flu vaccine comes in an injectable shot or a nasal spray.
- People who are allergic to eggs may have an allergic reaction to flu vaccines and should not get either vaccine.
- To find out where you can get vaccinated, contact your healthcare provider, local health department or visit www.flucliniclocator.org.



Why should certain groups get the vaccine first

Certain people, depending on their age, health, or other factors, may be at a higher risk of getting the flu or getting very sick from the flu. These people should be vaccinated first.



Is the flu vaccine safe

The flu vaccine has a very good safety track record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. As with many vaccines, there can be side effects. These are usually not serious and include redness, soreness or swelling at the site of the vaccination.