

Flu Shots

Source: [Government of Canada](#)

Everyone six months and older should get the flu shot

The flu shot is your best defense against the flu. It can save lives by:

- Protecting you, if you are exposed to the virus
- Preventing you from getting very sick
- Protecting people close to you because you are less likely to spread the virus

Where to get your flu shot

The flu shot is recommended for **everyone** six months and older, especially:

- People at high risk of complications from the flu including:
 - Cancer and other immune compromising conditions
 - Diabetes
 - Heart disease
 - Lung disease
 - Anemia
 - Obesity
 - Kidney disease
 - Neurologic or neurodevelopment conditions
 - Children up to 18 years of age undergoing treatment for long periods with acetylsalicylic acid (ASA)
- People 65 years and older
- People who live in nursing homes or other long-term care facilities
- Children under five years of age
- Pregnant women or those planning to get pregnant
- Indigenous peoples

People who can pass on the flu virus to those at high risk

- Caregivers
- Child care providers

- Healthcare providers
- Family and other household members
- Those who provide services in closed or relatively closed settings to people at high risk, such as crew on a ship

Get a flu shot every year

It's important that you get a new flu shot every year because:

- The type of flu virus usually changes from year to year
- A new vaccine is created every year to protect you each flu season
- Effectiveness of the flu shot can wear off, so you need a new one every year to stay protected

The flu shot is effective

The effectiveness of the vaccine varies from season to season. It depends on how well the vaccine matches with the circulating flu viruses, as well as the health and age of the person getting the flu shot.

The viruses circulating in the population can sometimes change during the time it takes to produce a vaccine. When this happens during the flu season, the flu shot may not work as well as expected.

It is also important to remember that the flu shot protects against several different flu viruses each season. Even when there is a less-than-ideal match or lower effectiveness against one virus, the seasonal flu shot can still provide protection against the remaining two or three viruses. If you do get the flu, the flu shot may reduce the severity of your symptoms.

Getting your flu shot is still the **most effective** way to protect yourself against the flu and flu-related complications.