



Why get a flu shot?

The flu vaccine can help prevent you from getting sick or shorten an illness's duration, and prevent the spread of flu to those who are vulnerable.

The Centers for Disease Control and Prevention recommends everyone over the age of 6 months get a flu shot every year. The vaccine is particularly important for those at high risk of severe complications from the flu, such as pregnant women, children under age five and adults over age 65.

Flu season typically runs from October through March or April. Sutter experts recommend getting vaccinated between September and October to help ensure the vaccine remains potent and has the best chance of protecting you through the duration of the flu season. It takes your body about two weeks after vaccination to build the antibodies that protect against the flu.

Getting a flu shot is easy, and may be available* at:

- ✓ Sutter Walk-In Care locations
- ✓ Local pharmacies
- ✓ A primary care physician's office

Talk to your doctor about what is right for you.

**It's a good idea call ahead to check for availability and ask if you need to schedule an appointment.*