

Influenza (Flu)

What You Need to Know

Everyone 6 months and older should get their flu shot each year **before the end of October*** for the best protection.

Visit bit.ly/FindCOVaxProvider to find a vaccine provider near you!

Why should you get the flu vaccine?

- Flu is one of the deadliest vaccine-preventable diseases in the U.S.
- Getting an annual flu vaccine is the best way to reduce your risk of getting sick. Experts found that vaccines reduce the risk of children and teens dying from flu by **80%**.
- It reduces your risk of any severe side effects of the flu. Some people who get a flu shot may still get sick, but they are less likely to get severely ill, be hospitalized, or die.

During the 2025-26 flu season, flu caused an estimated:

- 31 million to 54 million illnesses
- 14 million to 24 million medical visits
- 380,000 to 780,000 hospitalizations
- 23,000 to 78,000 deaths

Groups at risk for severe flu:

- Adults over 65
- Pregnant people
- Infants
- Those with existing medical conditions

Are there any specific recommendations based on age?

Children 6 months to 8 years:

- If children under 9 have never received a flu vaccine or only received it once in their lives, they should get two doses.
- These should be given at least four weeks apart.

Older adults:

- If possible, adults 65 and older should get a higher dose or adjuvanted influenza vaccine.
- As of August 2026, the FDA approved the first mRNA flu vaccine called **mFLUSIVA** for adults age 50 and over. It likely will not be available until the 2027 flu season. mRNA vaccine science has been studied for decades and is very safe.

***Getting a flu vaccine later is better than not getting one at all.**

Can organ transplant recipients get the flu vaccine?

Yes. People aged 18-64 who are solid organ transplant recipients and on immunosuppressive medications can receive the high-dose or adjuvanted influenza vaccine that is approved for the 65+ age group.

Is the flu vaccine safe for people with an egg allergy?

Yes. It is safe for people with an egg allergy to get any flu vaccine as long as it is otherwise appropriate for their age and health status. The vaccines contain a small amount of egg proteins, but studies have shown that severe allergic reactions to this amount of egg are unlikely.

Who should NOT get the flu vaccine?

- People who have a contraindication to influenza vaccination, like a history of severe allergic reactions (e.g., anaphylaxis) to any component of the vaccine (other than egg), should not be vaccinated.
- There are more contraindications for the FluMist option. Talk with your healthcare provider if you are interested in FluMist.

What else do I need to know?

- You can get the flu vaccine and most other vaccines, including COVID-19, at the same time. All flu vaccines for the 2026-27 season are trivalent. This means that they are designed to protect against three different flu virus strains.
- Flu season usually runs from October to April. While it's best to get the flu vaccine by the end of October, vaccination any time during flu season is better than no protection.

Ask your provider about COVID and RSV vaccines, too!

Sources

- <https://vaccinateyourfamily.org/current-flu-season/>
- <https://www.cdc.gov/flu/about/keyfacts.htm>
- <https://www.cdc.gov/flu/season/2026-2027.html>
- <https://www.cdc.gov/flu/professionals/acip/summary/summary-recommendations.htm>
- <https://www.nytimes.com/2026/08/05/health/mrna-flu-vaccine-moderna.html>
- <https://publications.aap.org/pediatrics/article-abstract/158/2/e2026076453/208191/Influenza-Vaccine-Effectiveness-Against-Pediatric?redirectedFrom=fulltext>

