Should I get an annual flu shot?

October 3, 2022 By Lucinda K. Porter RN

Yes. Annual flu shots are recommended for everyone except infants younger than six months and anyone who may be severely allergic to the flu vaccine or ingredients contained in it, such as gelatin.

People who are allergic to eggs should talk to their doctor before getting a flu shot. Also, tell your doctor if you aren't feeling well or if you have a history of Guillain-Barré Syndrome (a severe illness that causes paralysis).

Influenza is a serious illness that can cause death, and the vaccine is the best way to avoid getting the flu.

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