

Stay healthy this flu season

It's time to protect yourself from getting the flu this fall and winter. The best way to do that is by getting your flu shot now, before flu season begins.

We expect both COVID-19 and flu viruses to spread this fall and winter. That's why it's important for you to get vaccinated. Getting your flu shot can protect you from serious illnesses.

Chances of getting the flu

Some flu seasons are mild, and others are more serious. This past season (2024–2025) was especially tough. Hospitals across the country reported high numbers of flu cases in people of all ages.

That's why it's so important to be ready each year. Getting your flu shot can help protect you and the people around you. Most years, the flu causes many illnesses, hospital stays and even death.

For the 2024–2025 flu season, the Centers for Disease Control and Prevention (CDC) estimated:



47–82 million illnesses



21–37 million medical visits



610,000–1.3 million hospitalizations



27,000–130,000 deaths



How does the flu spread?

The flu spreads easily. People who have the flu spread the virus through droplets when they sneeze, cough or talk. If you're nearby, those droplets can land in your nose, mouth or eyes.

Plus, a person who is sick can leave infected droplets on objects such as doorknobs. If you touch the doorknob and then touch your nose, mouth or eyes, you might infect yourself.

If I can't catch the flu from the vaccine, why do some people feel sick after getting the shot?

It's common to have soreness, redness or swelling on your arm where you got your shot. This usually goes away in 1 to 3 days.

Some people also get a low-grade fever, headache and muscle aches for 1 to 2 days. Some people mistake this for the flu. But it's really your immune system gearing up to fight the flu virus in response to the shot. If you are later exposed to the flu virus, you're better prepared to fight it.

I heard there are different types of flu shots. Which one should I get?

All flu vaccines provide protection against the flu. The CDC prefers certain vaccines for adults 65 years and older. But the most important thing is to get vaccinated. Talk to your doctor about what's right for you.

I'm pretty healthy. Do I still need a flu shot?

Most people who get really sick from the flu are younger children, older adults and pregnant women. People with health problems can also get very sick. Some of those health problems include:

- Asthma
- Diabetes
- Cancer
- Heart disease
- Stroke
- Spinal cord injury

But even healthy people can get the flu and other illnesses from it. Why leave it up to chance? Protect yourself. Get the flu shot.

Who else in my family needs a flu shot?

Everyone 6 months of age and older should get a flu shot every year. It's the best way to protect yourself and those around you.

Can I catch the flu from the vaccine?

No. Flu shots don't cause the flu.

When should I get my flu shot?

The best time is between early September and the end of October, before the flu starts spreading in your community. It takes about 2 weeks after you get your shot for antibodies to develop and protect you. The only ones who need to have their shots early are children between 6 months and 8 years old who have never had a flu shot before. They should start early because they need 2 doses at least 4 weeks apart.

Can I get the flu shot if I'm allergic to eggs?

Yes. People with allergies should still get any flu shot that's right for their age and health. No other safety measures are needed. It's very rare to get a severe reaction.

Talk to your doctor if you're worried about egg allergies.

Schedule an appointment with your PCP's office or book directly through MyChart.



- Centers for Disease Control and Prevention. About influenza. cdc.gov/flu/about/index.html.
- Centers for Disease Control and Prevention. Preliminary estimated flu disease burden 2024-2025 flu season. cdc.gov/flu-burden/php/data-vis/2024-2025.html. Accessed July 14, 2025.
- Grohskopf LA, Ferdinands JM, Blanton LH, Broder KR, Loehr J. Prevention and control of seasonal influenza with vaccines: Recommendations of the Advisory Committee on Immunization Practices — United States, 2024–25 influenza season. MMWR Recomm Rep 2024;73(No. RR-5):1–25.

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