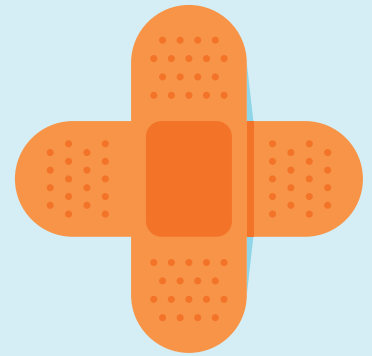


What you need to know about the flu shot



It's that time of year again – when runny noses may be met with a slight moment of panic. Is it just a runny nose – or something worse?

One of the best ways to help you stay healthy for fun fall and winter activities is to keep up with your vaccinations. Annual flu shots are recommended to prevent or reduce the severity of a flu illness. Even if you had a flu shot last year, you should also receive this year's vaccine.¹

Who should get a flu shot?

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. It's especially important for people who are at high risk of complications to get the flu shot. These groups include:

- Adults 65 years and older
- Pregnant women
- Young children under 2 years old
- Those with chronic conditions

When should you get your flu shot?

You should get a flu vaccine by the end of October, according to the Centers for Disease Control and Prevention (CDC). The flu season peaks often in February and can last until May, so you can still get the flu vaccine later. No matter when you get your flu shot, it will still be valuable to help protect you for the rest of the flu season.

Sources:

1. Who Needs a Flu Vaccine and When, [cdc.gov/flu/prevent/vaccinations.htm](https://www.cdc.gov/flu/prevent/vaccinations.htm). Accessed August 14, 2025.

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Your flu shot is covered at a \$0 cost share by your SHBP / SEHBP prescription plan when you use a network pharmacy. Sign in to new.optumrx.com/secure/pharmacy-locator to find a nearby network pharmacy.