

What to Know About Flu & Pneumonia Vaccinations

Why should I get flu and pneumonia vaccines?

Vaccines prevent sickness and death. When it comes to flu and pneumonia, the best way to avoid them is to get vaccinated.

The flu spreads mostly between October and May. It can be dangerous for people over 65 years of age and those with certain health conditions or weakened immune systems. Getting the flu can make you more likely to get pneumonia.

Pneumonia can cause lung disease and other infections like sepsis. The pneumonia vaccine is recommended for all adults 65 years of age and older.

When should I get vaccinated?

The best time to get the flu shot is September or October. Flu vaccines are updated each year based on the current strain. That makes it important to get a flu shot every year. It takes about two weeks after getting the shot to develop immunity from the flu.

The pneumonia vaccine can be given any time of the year. Just like with the flu vaccine, it takes about two weeks to develop immunity.

Are there side effects?

As with any vaccination, you may have minor pain, redness or swelling at the injection site. This usually goes away within two days. Both shots are given in the muscle. "Using" or exercising the muscle immediately after the shot can help reduce side effects. Examples include making arm circles or lifting a soup can up and down.

Side effects of the pneumonia vaccine may also include fever, tiredness, headache, muscle aches or chills. These side effects also usually go away within two days. Acetaminophen, if allowed, can be taken six hours after the vaccination to ease any discomfort.

Scan the QR codes
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Flu & People
65 Years and Older



Inactivated Flu Vaccine
Information Statement



Vaccines for Pneumococcal



Pneumococcal Disease:
Prevention

