



UT Health
Rio Grande Valley™

Cold and Flu Season

Influenza (flu) is an infectious respiratory illness caused by influenza viruses. Some people, such as people 65 years and older, young children, and people with health conditions are at a higher risk of serious flu complications.

The best way to reduce the risk of flu is by getting the flu vaccine each year.



Why should I get the flu shot?

Flu vaccination has many important benefits. It can reduce flu illness, doctors' visit, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.



Who should get the flu shot?

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza. For more information on who should and should talk to their doctor before getting a flu vaccine is available at **WHO NEEDS A FLU VACCINE:** www.cdc.gov/flu/prevent/vaccinations.htm.



When should I get the flu shot?

Get vaccinated in early fall, before flu season starts, or by the end of October. It takes about two weeks after vaccination for antibodies that protect against the flu to develop in the body and provide protection against the flu.



Where can I get the flu shot?

Flu shots are available at our UT Health RGV locations. To view all locations, and for additional information, visit: www.uthealthrgv.org/flu