Health Matters

Still Debating Whether to Get a Flu Shot? Most Americans Already Have a Plan

(NAPS)—As the seasons begin to shift, many people start thinking about their annual health routines—including vaccinations. While some consider a flu shot part of their yearly care, others may feel it's still too early to think about it. But health experts agree that getting a flu shot every year is the best way to help protect yourself and your family from getting the disease.

According to a survey commissioned by CVS Health®, more than 60 percent of consumers say they are likely to get a flu shot this season. That percentage has remained consistent over the past few years, suggesting that flu vaccination is becoming a regular component of preventive care for a growing number of people.

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older, with rare exceptions, receive an annual flu vaccine. Vaccination is especially important for individuals at higher risk of serious illness, including adults 65 and older, infants and young children, people who are pregnant and those with chronic or immunocompromising health conditions.

Why timing matters

Planning ahead is key when it comes to staying protected. According to the CDC, the timing of flu season is difficult to predict, and can vary in different parts of the country and from season to season. Typically, it's important to get your annual flu vaccination in September or October as it's best to be vaccinated before flu begins spreading in your community. It's important not to wait until flu season is in full swing or when there is an outbreak in your area to get the vaccine, since it takes about two weeks for your body to build up protection after getting a flu shot.

In the survey, 65 percent of those planning to get vaccinated said they intend to do so before November. Many people were motivated by a desire to protect their loved ones and community, while others were simply following a yearly routine or medical guidance.

One visit, multiple vaccinations

Now is also a good time to get other recommended vaccines. The CDC states that it's safe to receive the flu vaccine alongside other immunizations, such as those for COVID-19, shingles or RSV. To help, CVS Pharmacy and MinuteClinic locations let you schedule multiple vaccines in one appointment and to book for up to four people at a time, making it easier for people and families to plan ahead.



It's a healthy idea to get your annual flu vaccine before flu season starts.

Flu vaccines are updated every year

Flu strains vary from year to year, so an updated vaccine formulation is required to provide optimal protection. Even if you received the flu vaccine last year, getting the latest version ensures the best protection heading into peak flu months.

Annual vaccination can help reduce your risk of illness, lessen the severity of symptoms if you do get sick and prevent the spread of the virus to those more vulnerable.

Scheduling your vaccine appointment

Flu shots are now available at CVS Pharmacy locations nationwide, including those inside Target and Schnucks®, and at MinuteClinic. Appointments can be scheduled online at CVS.com, MinuteClinic.com, or through the CVS Health app—and walk-ins are welcome. As an added perk, patients who receive any CDC-recommended vaccine at CVS Pharmacy until December 31, 2025, will get a $10 off $20 in-store coupon.

With many Americans already making plans to get vaccinated, it's a good time to consider your own. Taking this simple step early can help protect you, your loved ones and your community throughout the flu season.

Learn More

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