

# Influenza (Flu) Vaccination



The CDC recommends that everyone six months of age and older get the flu vaccine every season. In addition to the flu vaccine for adults, teens, and children, there are flu vaccines approved for different groups:

- Pregnant women
- Older adults (65 years and older)
- Small children
- People with chronic conditions

The flu vaccine is especially important for people with chronic health conditions and those who have a [high risk of developing complications](#) from the flu. If you have questions about which vaccine is best for you, talk to your doctor or other healthcare professional.

***Since infants younger than six months cannot be vaccinated against the flu, it's crucial that the people around them get the flu shot for the baby's health.***

It cannot be said often enough—the flu shot *does not* cause flu illness.

---

## Where Can I Get a Flu Vaccine?

Flu vaccines are offered in many doctor's offices and clinics. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else like a health department, pharmacy, urgent care clinic, college health center, and even in some schools and workplaces.

To find a flu vaccine near you, please visit [www.vaccines.gov/find-vaccines/](http://www.vaccines.gov/find-vaccines/)

Alternatively, Texans can call 2-1-1 or visit [211Texas.org](http://211Texas.org) to find information on vaccine availability from local public health departments and other nearby non-profit organizations.