

Flu Vaccine FAQs

1. How long does flu season last?

In the U.S., flu season occurs in the fall and winter, peaking between December and February.

2. How long is the flu vaccine effective for?

Flu vaccines start offering protection two weeks after administration with the effects lasting up to six months. Protection peaks soon after the vaccination is given and gradually lessens over time.

3. What are the side effects of the flu vaccine?

Common side effects of the flu vaccine are generally mild and can include:

- I. Soreness, redness and/or swelling where the vaccine was received.
- II. Headaches.
- III. Fever.
- IV. Muscle aches.
- V. Nausea.
- VI. Fatigue.

4. What month should I get the flu vaccine?

It is recommended to receive a flu shot in October or November, so you are protected for as much of the flu season as possible. However, it is always better to receive it late than never!

5. Is there anything I should avoid doing after getting the flu vaccine?

- I. There are no strict activity restrictions after getting a flu shot. However, minimizing stress, such as postponing high-intensity workouts for a week, can be beneficial. Most people can maintain their regular routine without significant side effects.
- II. Avoiding dehydration is one of the best things you can do to help your body function better. Headaches are a common side effect and are also a sign of dehydration. Ensure you drink enough fluids and avoid dehydrating beverages like caffeine and alcohol.

6. Why are only trivalent (three flu virus strains-targeted) vaccines being offered this year when quadrivalent (four flu virus strains-targeted) have been offered in the past?

All flu vaccines for the 2024-2025 season are expected to be trivalent. Trivalent and quadrivalent vaccines are expected to offer similar protection against their targeted flu strains. The fourth strain of the quadrivalent vaccine (which was not included in trivalent vaccines this year) has not circulated since March 2020.



Employers Health offers on-site flu vaccine clinics to clients in Ohio, Kentucky and Indiana. Reach out to your client solutions executive or clinical team member to learn more and schedule a clinic.