

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Each year, influenza, also known as “the flu”, kills an average of 36,000 people in the U.S. and sends 200,000 to the hospital. Those most affected by influenza are 65 and older. With this year’s flu season right around the corner, now’s the time to get the influenza vaccine—especially if you’re 65 or older or have a chronic illness. Getting this vaccine is the best way to protect yourself and people you love.

CDC says that while October and November are the best months to get the influenza vaccine, you can also get it in December and later.

CDC also says they don’t expect flu vaccine shortages this year, so anyone wanting the vaccine shouldn’t have a problem getting it. Just because you were vaccinated last year doesn’t mean you’re still protected. The vaccine changes each year to match the current influenza virus, so it’s important to get vaccinated every year.

A pneumococcal vaccination is also recommended for persons 65 and older and those with chronic illnesses. Pneumococcal disease can lead to pneumonia, meningitis, and bacteremia. You can get the pneumococcal and influenza vaccines at the same time.

Be sure to join us next week on A Minute of Health With CDC.

To access the most accurate and relevant health information that affects you, your family, and your community, please visit [www.cdc.gov](http://www.cdc.gov).