

Is it too early to get the flu vaccine?

No, it is not too early. Evidence from clinical trials shows that protection from the vaccine lasts for at least 6 to 8 months. So, if you receive the flu vaccine in October, you will be protected at least through March of the following year and probably longer. Influenza usually reaches peak levels in Oklahoma in January or February.

Protection does decline in all age groups within 1 year of vaccination. That is why a dose is needed every year.

Source: Centers for Disease Control and Prevention. Prevention and Control of Influenza with Vaccines Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2010. *MMWR* 2010;59(No. RR-8): page 12.