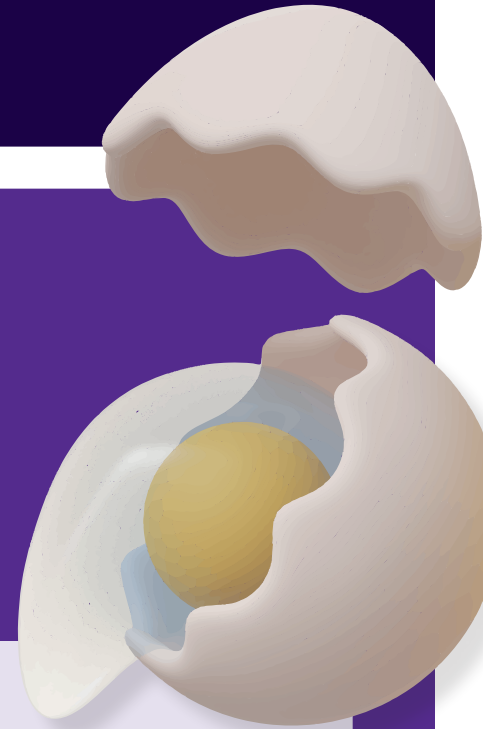


DON'T GET YOUR FACTS SCRAMBLED

Understanding guidelines on egg allergies and flu shots

If you have an egg allergy, you may have been told in the past that you needed a certain kind of flu shot that was not made using eggs. Good news! The Centers for Disease Control and Prevention (CDC) have now updated their recommendation on egg-based flu shots.



Here's the CDC Guidance:



- Everyone who's eligible – ages 6 months and older – should receive a flu shot
- If you have an egg allergy, it may still be ok to get an egg-based flu shot!
- Reactions can happen with any vaccine, and in any person getting a vaccine regardless of allergy history
- As with any vaccine, it is important to get your flu shot in a place where there's a healthcare provider available to help you in case of a reaction

Your healthcare provider can help recommend a flu shot that is safe and may be appropriate for you.

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! Some hard-boiled facts about egg-based flu shots:

- There are certain types of flu shots that are recommended for different age groups. Ask your provider if your flu shot is right for your age
- Egg-based flu shots have been shown to be safe and effective
- Egg-based flu shots have been used for over 70 years



NOW THAT YOU KNOW THE FACTS,
DON'T WAIT.

**GET YOUR
FLU SHOT TODAY!**

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