



**be a FLU  
FIGHTER!**



## FLU VACCINE AT AUSTIN REGIONAL CLINIC

It's time to schedule a flu vaccine appointment at Austin Regional Clinic (ARC) for you and your family. The US Centers for Disease Control (CDC) recommends the flu vaccine for patients ages 6 months and older.

The CDC recommends that you get your flu vaccine early in the fall. It takes about two weeks for your body to develop protective antibodies to protect you throughout the flu season.



## ARC PROVIDES THE FOLLOWING FLU VACCINES

- **Fluzone Preservative-free**
- **Flublok High Dose**  
Recommended for ages 50 years and older.
- **FluMist**

*See back for details*



## WHY CHOOSE ARC TO GET YOUR FLU VACCINE

- We vaccinate all family members. (ARC and non-ARC patients)
- We will file a claim with your insurance company for you. (Call the customer service number on your insurance card for questions about what's covered and your financial responsibility)
- We record it in your medical record for future reference.
- You can receive a flu shot at the same time of your scheduled medical care appointment.



**BOOK YOUR FLU SHOT AT**  
**[ARCflushot.com](https://www.austinclinic.com/flu-shot)**

# Seasonal Flu Vaccine FAQ

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## WHAT CAN I DO TO PROTECT MYSELF & MY FAMILY AGAINST THE FLU?

By far, the single most important preventive measure is to get vaccinated each fall.

## WHEN SHOULD I GET A FLU VACCINATION?

According to the CDC, the optimal time to receive the vaccine is by the end of October.

## DOES THE FLU VACCINE WORK RIGHT AWAY?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

## DOES GETTING A FLU VACCINE EARLY IN THE SEASON MEAN THAT I WILL NOT BE PROTECTED LATER IN THE SEASON?

No. The flu vaccine provides protection for the entire season against the influenza strains contained in the vaccine. Studies do not show that it is beneficial to receive more than one dose of vaccine during a flu season.

## WHY SHOULD I GET VACCINATED AGAINST THE FLU?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and the flu can affect people differently. Even healthy people can get very sick from the flu and spread it to others. A recent CDC analysis found the flu vaccine reduces the risk of flu illness by 40% and 60% among those vaccinated.

## WHY DO I NEED TO GET VACCINATED AGAINST THE FLU EVERY YEAR?

Flu viruses change from year to year, which means two things. First, you can get the flu more than once during your lifetime. Second, a vaccine made against flu viruses circulating last year may not protect against the newer viruses. That is why the influenza vaccine is updated to include current viruses every year.

## HOW DO FLU VACCINES WORK?

Flu vaccines cause antibodies to develop in the body. These antibodies provide protection against the viruses that are in the vaccine.

## WHO SHOULD GET VACCINATED?

Everyone 6 months and older should get a flu vaccine each year. The CDC's Advisory Committee on Immunization Practices (ACIP) recommended universal flu vaccination to expand protection against the flu to more people.

While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Children younger than 5 years old, especially younger than 2 years old
- Adults 65 years of age and older
- Pregnant women and women up to two weeks post-partum
- People who live in nursing homes and other long-term care facilities
- People of any age with certain chronic medical conditions
- People living with or caring for those at high risk for complications from flu

## WHAT FLU VIRUSES ARE INCLUDED IN THE 2025-2026 FLU VACCINE?

This year the vaccines protect against 3 strains of the influenza virus, including two influenza A viruses (an H1N1 and an H3N2) and one influenza B virus.

## WHICH FLU VACCINES ARE AVAILABLE AT ARC?

ARC offers the standard dose shot, a preservative-free shot, and a high-dose shot this year.

- **Fluzone Preservative-free**
- **Flublok High Dose**  
Recommended for those ages 50 years and older.
- **FluMist**  
Approved for people ages 2-49 years who would prefer a nasal spray to injection. This is not recommended for those with certain chronic health conditions.

**Visit [ARCflushot.com](https://arcflushot.com) for more info about this year's flu vaccine, flu clinic schedules, and pricing.**