I got this year’s flu shot. Am I protected or can I still get the flu?

February 5, 2019 By Lucinda K. Porter RN

The flu shot significantly reduces your chance of getting the flu, but you can still get it. Some years, the flu vaccine’s coverage is better than in other years. So far, this year’s flu shot is performing well.

However, despite the fact that flu vaccine doesn’t provide perfect coverage, it is still a good idea to get a flu shot. Studies found that people who are vaccinated but still get sick, tend to have less severe symptoms. Furthermore, people who get the flu shot have fewer doctor visits and hospitalizations.

In addition to getting a flu shot, you can minimize your chances of getting the flu by washing your hands frequently, avoiding close contact with sick people, and keeping unwashed hands away from your face. Visit this link for more information about the flu.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.sanemag.com/article/got-years-flu-shot-protected-can-still-get-flu