The Four Flu Vaccines

1. Traditional
   Injectable Flu Shot
   (for people ages 6 months and older)

2. High-Dose
   Injectable High-Dose Flu Shot
   (for people 65 and older)
   • Provides a stronger immune response

3. Intradermal
   Injectable Flu Shot
   (for people 18 to 64 who don’t like needles)
   • Injected into the skin instead of the muscle
   • 90% smaller needle than regular flu shot

4. Nasal Spray
   Nasal Spray Flu Vaccine
   (for healthy people 2 through 49 years of age who are not pregnant)

No matter who you are, there’s a flu vaccine for you. Everyone who is at least 6 months of age needs a yearly flu vaccine to be protected from the flu.

FightTheFlu.org