**Who should get the flu vaccine?** The influenza vaccine is recommended for everyone over the age of 6 months.

**Who shouldn’t get the “regular” flu vaccine?**
- Patients with a history of significant egg allergy (cannot eat lightly scrambled eggs) should take the egg-free vaccine. This will need to be arranged at the Student Health Center after an office visit and will not be an option at mass vaccine events.
- Those with unknown allergies--- but who have had an allergic reaction to past flu shots-- should not be vaccinated at a mass vaccine event and should discuss individually with his/her healthcare provider whether repeat vaccination is advisable.
- Those with a history of Guillain-Barre should discuss vaccination individually with his/her healthcare provider and should not receive vaccination at a mass vaccination event.

**Is the flu shot available at Student Health?** The flu shot is available on a walk-in basis (no appointment needed) at the Student Health Center from 8 am until 4 pm Monday-Friday. For those with the Gallagher student insurance, the shot is included in the cost of the insurance, so there will be no charge. For others, the cost of the shot is $20.

**What is the high dose influenza vaccine?**
- The “regular” dose of influenza vaccine has been shown to be less effective than “high dose” for those 65 and older. So the high dose vaccine is currently recommended for patients older than 65 and “regular” dose is recommended for those under age 65.
- The “high dose” influenza vaccines are not available at the mass vaccination events on campus.

**What other options are there? I’m afraid of needles!** There is a FluMist nasal vaccine as well as an intradermal vaccine that has a smaller needle. These are not available at the Student Health Center or at mass vaccine events on campus but are available at local retail clinics close to campus. These vaccine options are far more expensive than the regular injectable vaccines (and the small needle still hurts!) but may be preferable for those who do not want an intramuscular shot.