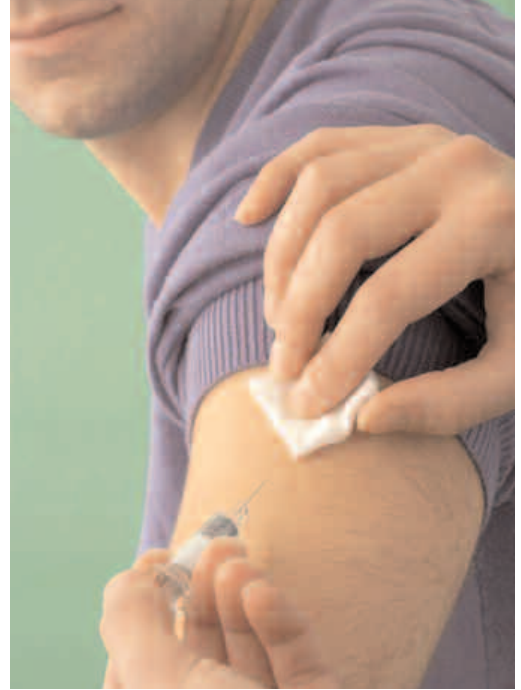
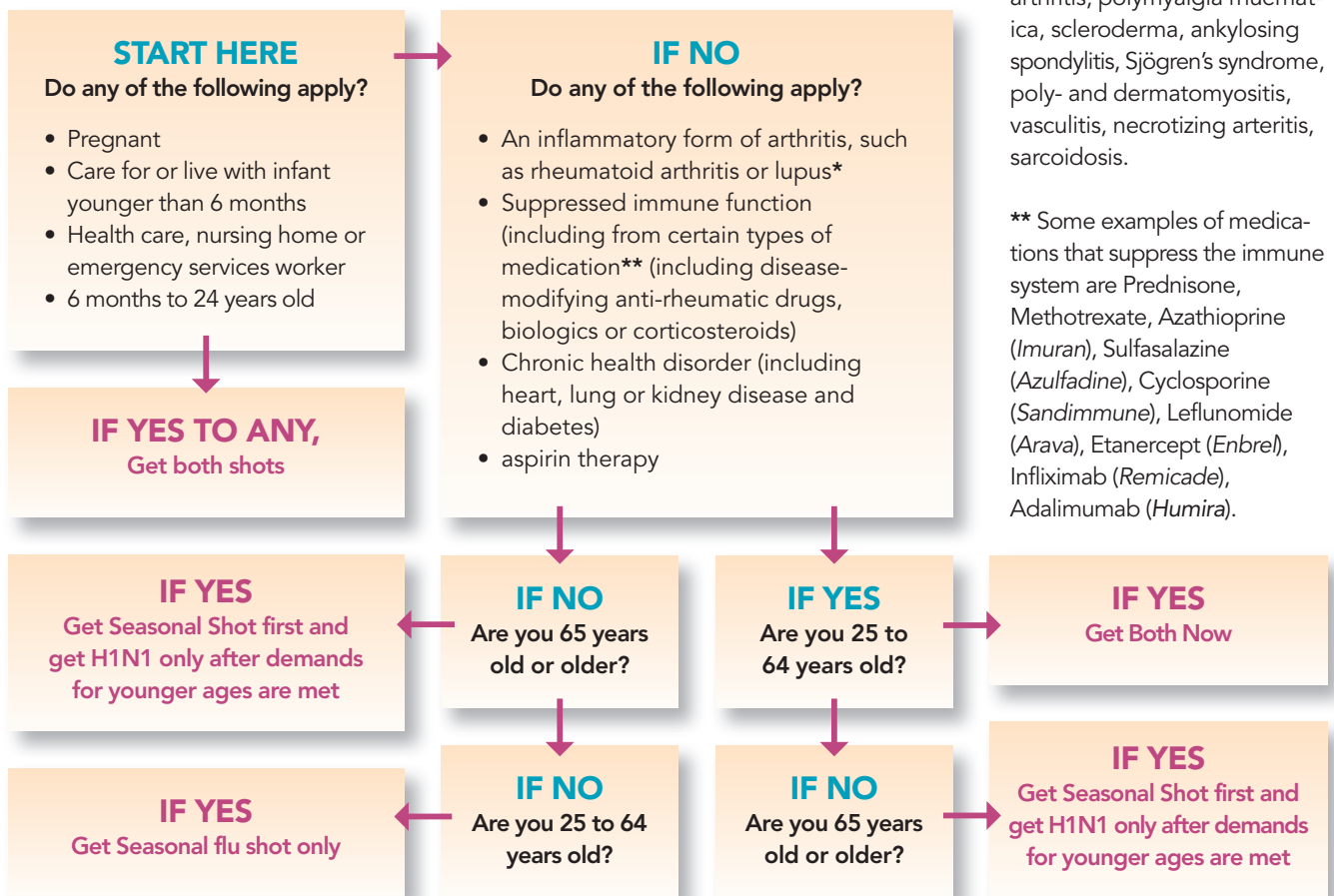


# Flu Shots Made Simple



Which flu vaccine should you get? The seasonal flu shot, the H1N1 flu shot – or both? Here’s a tool to help you figure it out.



**SHOT OR MIST?** If you’re on medications that suppress your immune system, though, you’ll want to steer clear of the nasal spray vaccines, which are sold under the brand name FluMist. Get the injection, instead.

**DOUBLE SHOTS:** If you need both, the Centers for Disease Control and Prevention says it’s OK to get them the same day, as long as they are on opposite sides of the body.