

## **When should I get a flu shot?**

**Run time :41**

LEDE: How soon is too soon to get a flu shot? One doctor says: it depends. Tim Ditman of OSF HealthCare has more.

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Doctor Jason Kole of OSF in Danville says every flu season, and thus each year's flu vaccine, is different.

"If it actually hits the strain of flu that's prevalent during that season, then the flu season's going to be relatively mild. If it doesn't hit that strain, then we're going to have a heavy flu season."

Doctor Kole says to start talking with your health care provider now about the shot. Then by October, you're ready to roll up your sleeve. He adds that some flu seasons peak late, so even in January or February it's not too late to get the jab.  
I'm Tim Ditman.

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TAG: Doctor Kole also says you can't rely on last year's flu shot to get you through this flu season.