

Guide to Staying Healthy

As you age or if you're caring for an older loved one, you may find that staying healthy is getting harder. Good health might once have seemed like a given, but now it may require more effort to maintain.

But getting older doesn't mean that you can't focus on your health and make small changes that can help you feel your best.

Should I Get a Flu Shot?

Protecting your health may also include getting routine vaccinations, such as for the flu, shingles, and COVID-19.

Flu season tends to peak between October and February. Because your flu shot will take 2 weeks to begin protecting you, it's best to get your shot earlier rather than later. However, it's still worth getting it later in the season even if you didn't get it in the fall.