

# Guide to Staying Healthy

As you age or care for an older loved one, you may find that it's harder to stay healthy. What might have once seemed like a given may now require more effort to maintain.

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

## Don't Forget – Get a Flu Shot!

Protecting your health may also include getting routine vaccinations, like for the flu, shingles, or COVID-19.

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