Flu surveillance officially begins on October 1, although it's not unusual to have cases in the weeks leading up to season onset. The best protection against influenza is annual vaccination for everyone ages 6 months and older. While the overall efficacy of a flu shot varies from season to season, in general the percentage of Montanans who get a flu shot each year has been consistently less than 50%. Now is the time to protect yourself and those around you by getting a flu shot.