



MYTHS VS FACTS FOR THE FLU

MYTH: The vaccine can cause the flu.

FACT

The flu vaccine does not have any flu virus in it and cannot cause flu illness. If you feel achy or slightly feverish, it is a normal reaction of the immune system to the vaccine and generally lasts only a day or two.

MYTH: I got the flu after getting the vaccine — the shot does not work.

FACT

After your flu shot, it takes about 2 weeks for full effect. During this time, you're still vulnerable to becoming ill with the flu. Getting your flu vaccine before flu season can make for milder symptoms if you do get sick. To keep from spreading the flu, wash your hands often or use hand sanitizer. Avoid touching your eyes, nose, and mouth. Try not to be around others who are sick.

MYTH: I never get the flu, so I don't need a flu shot.

FACT

If you haven't gotten the flu in the past, that doesn't mean you won't catch it this year. Millions of people have never gotten into a car accident but still wear a seat belt. Getting a flu shot is an important step to protect yourself and stay healthy.

**DID YOU
KNOW?**

**THE FLU VACCINATION CAN LOWER YOUR CHANCES OF GETTING
HEART DISEASE, DIABETES, LUNG DISEASE, AND EVEN DEMENTIA.**

GET YOUR FLU SHOT TODAY!

MYTH: The flu is not that serious, so I don't need the vaccine.

FACT

Some people think getting the flu is like coming down with a cold. This is NOT TRUE! The flu causes serious illness, hospitalization, and death in tens of thousands of people every year who are not vaccinated. If you have a chronic illness, including diabetes or heart or lung problems, you are more likely to get very sick.

MYTH: I got the flu shot last year, so I don't need to get vaccinated again this flu season.

FACT

The flu virus constantly changes, and flu vaccines are updated each year. Getting a shot each flu season is important to make sure you have immunity to fight the current flu virus.

**DID YOU
KNOW?**

GETTING YOUR FLU SHOT ALSO PREVENTS SPREADING THE FLU TO OTHERS WHO ARE AT HIGH RISK OF SERIOUS ILLNESS AND DEATH BECAUSE OF BEING UNABLE TO RECEIVE A FLU SHOT, LIKE GRANDBABIES LESS THAN 6 MONTHS OLD.

GET YOUR FLU SHOT TODAY!

Don't wait! Arm yourself with the flu shot today to protect yourself and loved ones from a flu-related hospitalization or death.

Still have questions? Let's talk.

Getting a flu shot helps protect you, your family, and the community from the flu. Your doctor and care team are here to listen to your concerns and determine the right option for you.