



Flu Vaccination: Myths and Facts

MYTH: Healthy people do not need to get the flu vaccine.

FACT: Anyone can get sick from the flu, but adults 65 and older, kids under 2 and people with chronic conditions are more likely to have more serious problems. Healthy people can easily pass the flu to others, so get your flu shot.

MYTH: Flu shots can give people the flu.

FACT: The flu shot is made from dead viruses, so you can't get the flu from the vaccination. But, you may experience side effects including a sore arm, sore throats or achiness. These usually go away within one or two days.

MYTH: The seasonal flu isn't serious.

FACT: The season flu can be very serious. In 2006, the flu was the 8th leading cause of death in the United States.

Symptoms include: high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches and stomach issues such as nausea, vomiting and diarrhea.

Protect yourself and those around you by getting your flu shot.

MYTH: Needles can hurt, so it's easier not to get the vaccine.

FACT: You may feel a sharp prick when you get the vaccine, but it's brief. If you are worried, a nasal flu spray is available. The spray is made from weakened live influenza viruses, but cannot cause the flu. It is approved for healthy people ages 2-49, but not for pregnant women.

MYTH: It's ok to come to work when you're feeling sick with flu-like symptoms.

FACT: To protect your co-workers, it's important to stay home if you don't feel well or you are unsure if you're contagious.

MYTH: Flu shots don't work.

FACT: The flu strain changes every year and every year the flu vaccine protects against new viruses that are circulating.

Get your flu vaccine every year to protect yourself from the current strains.



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