

FLU VACCINE FACTS

Debunking the Myths

MYTH

If I get a flu shot, it will give me the flu.

FACT

No, flu vaccines cannot cause flu illness.

MYTH

I got a flu vaccine last year, so I do not need another one this year.

FACT

The CDC recommends a yearly flu vaccine for everyone six months old & older with rare exception.

MYTH

I should wait to get vaccinated so that I'm covered through the end of the season

FACT

People should get a flu shot as soon as they are available because it takes about two weeks for antibodies to develop.

MYTH

Women who are pregnant should not get a flu shot.

FACT

Flu vaccination helps protect women during and after pregnancy.