



FLU VACCINE MYTHS

MYTH FACT

“It will make me sick.”

The flu vaccine contains a dead virus, so it can't infect you or make you sick. You might think the shot makes you sick if you come down with something shortly after getting the vaccine, but you probably caught a totally different infection that the flu shot wasn't designed to prevent. If your arm/leg feels sore and you feel a little “off”, it's your immune system getting charged up and that's a good thing!

MYTH FACT

“If you are young and healthy you do not need to get the flu shot.”

A young, healthy person is less likely than a baby or an elderly person to get hospitalized and/or die from the flu, but this illness is miserable and causes people to miss many days of school or work. Young, healthy people can also spread the flu to babies, elderly, and pregnant women causing them to get extremely ill from the flu and possibly die.

MYTH FACT

“The flu is just a bad cold.”

The flu causes bad cold symptoms like sore throat, runny nose, cough, fever, and body aches. But in the United States, the flu causes an average of 36,000 deaths and 200,000 hospitalizations per year, including about 100 kids each year.

MYTH FACT

“Flu shots don't really work; I received a flu shot and still got the flu.”

The flu shot does not guarantee you won't get the flu, but it lowers your risk a lot. However, if you get the flu you will be less sick than if you didn't receive the vaccine.

MYTH FACT

“You can catch the flu from going out in the cold weather without a coat, going out with wet hair, and sitting near a drafty window.”

The only way to catch the flu is to be exposed to the virus. Flu season coincides with cold weather. It can be transmitted when a person coughs, sneezes, or talks and can be transmitted on surfaces that are touched by both sick and healthy people. Hand washing is a good way to prevent the flu. Even in the first 1-4 days that you may have the virus, you may not have any symptoms, yet, you can infect others.



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