



Flu Facts: True and False

"The shot can give you the flu." *False:*

Flu vaccines are made from killed influenza viruses. These cannot give you the flu. Other viruses, including other strains of the flu virus, circulate during the flu season. They can and do, cause people to get sick.

"The vaccine isn't 100% effective, so I'm better off getting the flu." *False:*

It is true that the vaccine isn't 100% effective. However, if you get a flu shot but still get the flu you are likely to be far less sick than you would have been without the protection. Also, your chances of severe complications and death will be greatly reduced.

"The side effects are worse than the flu." *False:*

The side effect you're most likely to get is a sore arm. The risk of injury or death from a rare allergic reaction is far less than the risk of severe complications from influenza.

"Not everyone can take the shot." *True:*

People who are allergic to eggs (used in making the vaccine), currently have a severe, acute illness, or have had a severe reaction to the flu vaccine in the past, might not be able to get a flu shot.

"Only the very old and sick need the flu shot." *False:*

Almost *everyone* can benefit from a flu shot. Complications from the flu kill thousands of Americans every year. Getting a flu shot will decrease the likelihood that you will catch the flu. As a result, you lower the chances that you will pass it on to your co-workers or take it home to your family and friends.

