KNOW WHAT's TRUE ABOUT the FLU!

Myths vs Facts
Myth or Fact?
I’m healthy. I don’t need the flu vaccine.
Myth:
I’m healthy. I don’t need the flu vaccine.
Myth:
I’m healthy. I don’t need the flu vaccine.

Here are the Facts:

- Vaccinations are intended to keep people healthy
- Children need to be vaccinated too
- Flu vaccines protect the body before disease strikes
- If you wait until you or your child gets sick, it will be too late for the vaccine to work
- People who have the flu can make you sick 24 hours before they even feel or look sick themselves
- The best way to protect yourself and your family is by getting the vaccine
Myth or Fact?
The flu vaccine causes the flu.
Myth:
The flu vaccine causes the flu.
Myth:
The flu vaccine causes the flu.

Here are the Facts:

• Flu vaccines are made with dead or weakened viruses

• It’s impossible to get the flu from the flu vaccine

• Vaccines strengthen the immune system to protect both children and adults from getting the flu
Myth or Fact?
The flu vaccine will make me sick.
Myth:
The flu vaccine will make me sick.
Myth: The flu vaccine will make me sick.

Here are the Facts:

- All medications, including vaccines, can have side effects
- Typical side effects of the flu vaccine can include:
  - Soreness
  - Redness or swelling where the shot was given
  - Headache
  - Low grade fever
  - Body aches
- Any side effects usually begin soon after the vaccine is given, and last only 1 to 2 days
- Most side effects, if they occur at all, are relatively minor compared to the effects of having the flu and complications relating to the flu
Myth: The flu vaccine will make me sick.

Here are the Facts:

• In a small percentage of people, a vaccine, like any medicine, may cause allergic reactions

• Those who are allergic to eggs should not get the vaccine

• Otherwise, the risk of a vaccine causing any serious harm is extremely small
Myth or Fact?
So what if I get the flu, it can’t be that bad.
Myth:
So what if I get the flu, it can’t be that bad.
Myth:
So what if I get the flu, it can’t be that bad.

Here are the Facts:
• The flu can make you extremely ill

• In some cases, complications from the flu can even kill you

• Typical symptoms include:
  • Chills
  • Aches
  • Fever
  • Congestion
  • Cough
  • Extreme fatigue
Myth:
So what if I get the flu, it can’t be that bad.

Here are the Facts:

• More severe cases can cause:
  • Vomiting
  • Diarrhea
  • Serious respiratory problems
  • High fever
  • The need for hospitalization

• A case of the flu can last for four to five days on average, and sometimes longer
Know What's True About the Flu

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