

The Truth About Influenza Vaccine– What Have You Heard?

I HEARD ...

... Influenza is no worse than a bad cold.

... The vaccine can cause the flu.

... Even if it doesn't cause the flu, the vaccine can make you sick.

... Healthy people don't need a flu vaccine.

... People who are sick with another illness should not be vaccinated.

... That the best time to get a flu vaccine is October or November.

... I don't need a flu vaccine this year because I got it last year.

... A person can still get the flu even after having the vaccine.

THE TRUTH IS ...

... Influenza (flu) is serious and sometimes life-threatening. Flu causes about 24,000 deaths and more than 200,000 hospitalizations every year.

... Influenza vaccines contain either dead or weakened virus and cannot cause the flu.

... The flu shot can cause discomfort, redness or swelling where the injection was given.

... The nasal spray vaccine can cause a runny nose or other cold-like symptoms.

... Exposure to other viruses may be causing the flu like symptoms you get after a flu vaccine.

... Influenza spreads very easily from person to person and on surfaces. As many as 2 out of every 10 people will get the flu every year, including many healthy people.

... Minor illnesses, with or without fever, is not a reason to delay getting the vaccine. Ask your doctor or other health care provider if it is okay to get vaccinated.

... September is not too early nor February too late! Usually, influenza begins in the fall and continues to cause illness through the winter months. Make sure you are protected with a flu vaccine.

... Protection from flu vaccine decreases over time and the flu virus changes from year to year. For the best protection, get an influenza vaccine every year.

... Some people do still get the flu even after being vaccinated, but it is usually milder. If you do get sick, it may also be due to another virus with similar symptoms that is not as dangerous as influenza.