



BEAT the FLU!

The CDC recommends a yearly flu vaccination as the first and most important step in protecting against the flu. It can reduce flu illnesses, doctors visits and missed work and school. But it does not guarantee protection against the flu.

Flu Shot Benefits

- Can help you from getting sick from flu. Protecting yourself also protects people around you.
- Helps protect people who are at greater risk, like older adults, people with chronic health conditions and young children.
- May make your illness milder if you do get sick.
- Can reduce risk of more serious flu outcomes, like hospitalizations and death.

FOR MORE INFORMATION ON FLU VACCINATIONS VISIT THE CDC WEBSITE AT <http://www.cdc.gov/flu/pdf/freeresources/general/flu-vaccine-benefits.pdf>

FLU MYTHS vs. FLU FACTS

MYTH

THE FLU SHOT CAN GIVE ME THE FLU

FACT

FLU VIRUSES USED IN FLU SHOTS ARE INACTIVATED, SO THEY CANNOT CAUSE INFECTION

FACT

GETTING THE FLU SHOT PROVIDES BENEFITS SUCH AS THE POTENTIAL TO REDUCE ILLNESS AND PREVENT TIME LOST FROM WORK

MYTH

VACCINES ARE NOT PROVEN TO PREVENT THE FLU

FACT

IF YOU GET THE FLU VACCINE, YOU ARE ABOUT 60% LESS LIKELY TO NEED TREATMENT FOR THE FLU

MYTH

IT IS BETTER TO GET THE FLU THAN TO GET A FLU VACCINE

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

For more flu myths and facts, go to www.cdc.gov/flu/keyfacts.htm or www.cdc.gov/flu/about/qa/misconceptions.htm

