

THE TOP FIVE

Myths ABOUT THE Flu

you may believe.

**Knowing the facts
can protect you
and your family.**

Get your flu shot.

SOURCES: CDC and Harvard Health

MYTH
#1

The flu
is just
a bad cold.

TRUTH:

According to CDC, the US 2019-20 flu season led to *at least*:

18,000,000
medical visits

24,000
deaths

410,000
hospitalizations

MYTH
#2

Only senior
citizens need
to get
a flu shot.

TRUTH:

Current CDC guidelines recommend yearly vaccination against influenza for everyone older than 6 months of age, including pregnant women.

MYTH
#3

The vaccine
will give you
the flu.

TRUTH:

Flu vaccines cannot cause flu illness. Vaccines are made with either killed viruses, or with only viruses that are so weakened they will not cause illness.

MYTH
#4

Side effects
are worse
than the
flu.

TRUTH:

Serious allergic reactions to flu vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after vaccination and effective treatments are available.

MYTH
#5

You don't
need to get
the vaccine
every year.

TRUTH:

Immunity from vaccination declines over time, so an annual vaccination is needed to get the best protection against the flu. Also, flu viruses are constantly changing, so the vaccine composition is reviewed each year and updated as needed.