Flu Myths vs Flu Facts

MOST COMMON MYTHS SURROUNDING THE FLU SHOT

MYTH: Flu shots are not proven to prevent the flu.

FACT: You are at least 70% less likely to become infected with the flu virus.

MYTH: You can get the flu virus from the flu shot.

FACT: Flu viruses in flu shots are inactivated and therefore can not cause infection.

MYTH: The flu shot will protect me from every type of flu virus.

FACT: The flu shot is designed to protect against the highest circulating strains of the flu.

MYTH: I never get the flu. I do not need the flu shot.

FACT: By getting the flu shot, you protect yourself and others because you are less likely to spread the flu.

Flu Prevention Tips!

Flu and coronavirus are different viruses, but the way to prevent them is the same:

- Boost your immunity - **Get your flu shot!**
- Eat well and exercise
- Reduce stress with prayer and spiritual practice
- Stay home
- Wear a mask and wash hands often
- Practice social distancing

SAFE CARE

VIRTUAL CHECK-IN • SCREENING • MASKING
PREPARE • PREVENT
PROTECT
SOCIAL DISTANCING • ENHANCED CLEANING

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Protect Yourself

And Your Community

Influenza (Flu) is not just a bad cold. It is an illness caused by flu viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness and can lead to missed days at work or school and even hospitalization. Some people die from flu each year. The best way to protect yourself and those around you is by getting a flu shot each year.

Although the most effective way to prevent the seasonal flu is to be vaccinated, the 2018-2019 seasonal flu vaccinations were low across the Black (39%), Hispanic (37%), and Asian (44%) ethnic groups.

39%
of Blacks were vaccinated

37%
of Hispanics were vaccinated

44%
of Asians were vaccinated
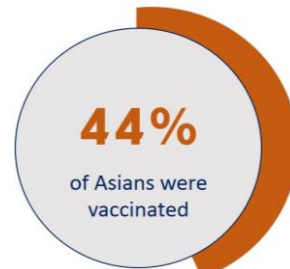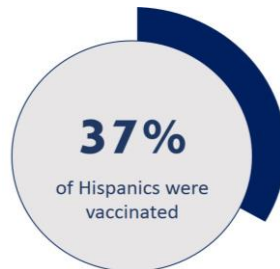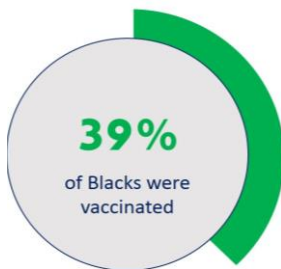
Getting the flu shot can help keep you and your community healthy!

Who should get a flu shot?

- People with chronic health conditions
- People living in overcrowded homes
- Children 6 months of age and older
- People 65 and over
- Pregnant women

What are common Flu Symptoms?

- Fever, muscle aches, dry cough, sore throat, runny or stuffy nose, headaches, body aches, and fatigue

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