

# flu ends with u

GET VACCINATED.

## Common Myths about Flu Vaccines

**MYTH #1** I am not at risk of getting the flu because I am healthy.

**FACT** Even if you are healthy, it is important to get the flu vaccine every year. By getting the flu vaccine you will lower your risk of getting the flu virus. And, prevent spreading the virus to others.

**MYTH #2** I work in a large organization where many staff members get the flu vaccine. One less person who gets vaccinated won't make a difference.

**FACT** The Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) recommends universal annual flu vaccination for all people aged 6 months and older. According to the CDC, getting vaccinated against the flu every year is the most effective method for preventing the flu and its complications. *EVERYONE EVERY YEAR.*

**MYTH #3** To protect myself against the 2009 H1N1 flu strain and seasonal flu, I need to get two vaccines.

**FACT** This season, the flu vaccine is all in one. Based on FDA recommendations the 2010 seasonal flu vaccine will provide protection from both the seasonal flu and the 2009 H1N1 flu strain.

**MYTH #4** I don't have any flu symptoms so I cannot pass the flu to my co-workers.

**FACT** The flu is contagious and can be deadly. Even if you don't show symptoms of having the flu, you can still pass the virus to others for up to 24 hours before showing symptoms. Children can shed virus for up to five days before they have flu symptoms. It is well documented children are carriers of the flu and should be vaccinated. Children under age, 8 who have never had a flu vaccine, need two doses separated by one month.

**MYTH #5** The flu vaccine is not safe.

**FACT** **You cannot get the flu from a flu vaccine.** The viruses in the flu vaccine are killed (inactivated), so you cannot get the flu from the flu shot. The most common side effect may include soreness at the injection site.

**MYTH #6** The flu vaccine does not work.

**FACT** The ability of a flu vaccine to protect a person depends on the age and health of the person receiving the vaccine. The similarity or "match" between the viruses in the vaccine and those in circulation can affect the vaccine's ability to protect a person against the flu. If exposure occurs during the two weeks the vaccine is building immunity, one could develop the flu due to exposure prior to the vaccine taking effect.

**MYTH #7** Antibiotics can work just as well as the flu vaccine.

**FACT** Antibiotics do not fight infections caused by viruses. Antibiotics cannot be used to treat the flu and will not prevent the spread of flu. Antibiotics are **not** a substitute for the flu vaccine.

**MYTH #8** By January, it's too late to get the flu vaccine.

**FACT** The beginning, severity, and length of flu season can change each year. According to the CDC, seasonal flu activity typically peaks in January or February, but can continue as late as May.

*For the latest information about the 2010 – 2011 flu season, and seasonal flu and H1N1, please visit the CDC's website at [www.CDC.gov](http://www.CDC.gov).*