

FLU MYTHS

UCSF Medical Center

UCSF Benioff Children's Hospitals

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MYTH #1:

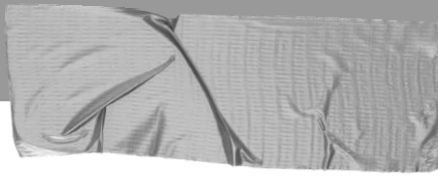
MYTH: “I don't need to get the flu vaccine because I never get sick.”

TRUTH: Even though you rarely get sick, or only experience mild illness, others, such as infants, the elderly or the immunocompromised may not be able to fight the flu as well. Getting vaccinated not only protects you, but also helps protect others who may not be able to fight the illness off as well.

Find a clinic near you for a free flu shot:

<https://www.occupationalhealthprogram.ucsf.edu/FluShotSchedule2017.pdf>

MYTH #2:



MYTH: "The influenza vaccine can give you the flu"

TRUTH: Influenza vaccines delivered with needles are made with inactivated virus that is not capable of causing infection. Pain, swelling and redness, however are common side effects of the vaccine.

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MYTH #3:

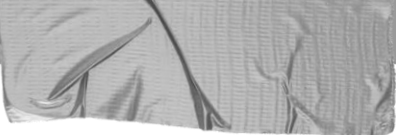
MYTH: "I cannot get the influenza vaccine because I am pregnant".

TRUTH: With rare exception (e.g. those with Guillain-Barre Syndrome, severe allergies to egg) the CDC recommends an annual flu vaccine for everyone 6 months and older, including pregnant women and people with medical conditions.

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MYTH #4:



MYTH: “I want to wait to get my flu shot so that my immunity lasts through the end of the season”

TRUTH: While seasonal flu outbreaks can happen as early as October, most of the time, flu activity peaks between December and February, and can last as late May. Since it takes about 2 weeks after vaccination for antibodies to develop in the body that protect against the virus, it is best to start getting the vaccine before it begins to spread in the community.

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Wash your
hands often!

Get your flu
shot!

Eat well, drink
well & sleep
well !

The Flu Ends with U!

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