Myth #2: “The influenza vaccine can give you the flu.”

FACT:
Flu shots delivered with needles are made with **inactivated** virus that is not capable of causing infection. If you think you’ve gotten the flu from a flu shot, one of two things might have happened:

- You caught an upper respiratory illness other than influenza. Many common illnesses circulate through the community at the same time as influenza.
- You got the flu shot after you had already been infected with the flu. It takes your body about 2 weeks to develop protection against the flu after the vaccination.