Myth #3:
“If you are young and healthy, you do not need the flu vaccine.”

FACT:

- The flu vaccine is recommended for everyone 6 months of age and older.
- Influenza is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized.
- In addition, the flu shot is recommended for healthy people who might spread the virus to others who are particularly susceptible. For this reason, health care workers are strongly advised to get the flu vaccination to protect their patients.