Flu Myths

Myth #:
“I got the flu even though I got the vaccine, so it must not work.”

FACT:
There are several reasons why someone might get a flu-like illness, even after they have been vaccinated against flu.

- One reason is that you can become ill from other respiratory viruses besides the flu. These symptoms may be similar to the flu.
- A second reason is that you may have been exposed to the influenza virus before your body has had a chance to develop immune protection which typically takes about 2 weeks.
- A third reason is that you may have been exposed to a flu virus that is very different from the viruses the vaccine is designed to protect against. The ability of a flu vaccine to protect a person depends largely on the similarity or “match” between the viruses selected to make the vaccine and those spreading and causing illness.

Created by the UCSF Fight Flu Campaign
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