Myth #:  
“It doesn't really make a difference if I get the flu shot or not.”

FACT: 
Nothing could be further from the truth. It DOES make a difference. The CDC estimates that vaccinations prevented 79,000 flu hospitalizations and 6.6 million flu-associated illnesses during the 2012-13 influenza season. Complications from the flu can be serious and result in hospitalization, and even death, for some patients. The best way to prevent the flu is to get vaccinated.