

## Debunking

# Flu Shot Myths

**A flu shot is your best defense against the flu.** It can prevent you and your loved ones from getting the flu and potentially serious complications like hospitalizations and even death. Everyone six months and older should get a flu vaccine every season.

### Myth 1

#### **A flu shot can give you the flu.**

Flu shots don't cause the flu. Vaccines are made with dead or weakened viruses, or with a single protein from the virus.

### Myth 3

#### **You don't need an annual flu shot.**

The Centers for Disease Control recommends an annual flu vaccine. Immunity declines, and a vaccination once a year is the best protection.

### Myth 2

#### **It's better to just get the flu.**

The flu can be serious, particularly for at-risk people. It can cause health complications, hospitalization, or even death.

### **Fact: The flu can be deadly.**

However, the flu shot can reduce the odds of getting the flu, and if you do get the flu, it could result in a less severe illness.

**Protect yourself, your family, and your community. Get a flu shot today!**

**[mvphhealthcare.com/Flu](http://mvphhealthcare.com/Flu)**