

Debunking

Flu Shot Myths

A flu vaccine can protect you and your loved ones from the flu and the potentially serious complications that can come with it. Despite these benefits, many still don't get a flu shot because of misconceptions associated with vaccination.

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 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.

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.

Fact: The flu can be deadly.

The flu shot will not protect against COVID-19. 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 against what you can. Get a flu shot today!