

Flu Vaccine: Myth vs. Fact

Myth



vs.

Fact



The flu vaccine will give you the flu.

False, flu vaccines cannot cause flu illness. Flu vaccines given are made with inactivated (killed) viruses.

It's better to get the flu than to vaccinate.

False, the flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions.

I don't need the flu vaccine every year.

False, the CDC recommends a yearly flu vaccine for everyone due to a person's immune protection from vaccination declining over time.

I will wait and get it later so I'm covered for the season.

False, get the vaccine as soon as its available. It takes 2 weeks for antibodies to develop.

The flu shot will protect me from every type of virus including COVID-19.

False, the flu vaccine is updated yearly based on which flu virus is making people sick. It does not protect against COVID-19.

#STOPTHEFLU

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For more information on the flu and flu vaccine, visit:

<https://www.co.merced.ca.us/2086/Flu-Season> or

call 209-381-1180.

