

FLU SHOTS

GET THE FACTS ON THE FLU VACCINE!

The Centers for Disease Control and Prevention recommends that everyone over the age of 6 months receive an annual flu vaccine. **Get a flu vaccine** this winter to prevent the onset and spread of the virus.

TO ADDRESS ANY CONCERNS YOU MAY HAVE, CHECK OUT THESE COMMON MYTHS:

MYTH: IF YOU GET THE FLU VACCINE, YOU WILL GET THE FLU.

- You cannot get the flu from the vaccine because it is composed of inactivated viruses. You may experience minor soreness or redness at the injection site, headaches, a low-grade fever or a runny nose for a day or two after receiving the shot.

MYTH: GETTING AN ANNUAL FLU SHOT WILL WEAKEN YOUR IMMUNE SYSTEM.

- The flu vaccine will actually boost your immune system to fight off the virus. Those who get the vaccine every year are 40-60 percent more likely to avoid contracting the flu.

MYTH: PREGNANT WOMEN SHOULD NOT GET A FLU SHOT.

- Pregnant women should get a flu shot because carrying a child puts women at risk of serious complications with flu.
- Studies have shown that there are no harmful effects on a growing fetus from a flu vaccine, at any stage of development.

