

# FLU VACCINE FACTS

## Debunking the Myths

### MYTH

If I get a flu shot, it will give me the flu.

### FACT

No, flu vaccines cannot cause flu illness.

### MYTH

I got a flu vaccine last year, so I do not need another one this year.

### FACT

The CDC recommends a yearly flu vaccine for everyone six months old & older with rare exception.

### MYTH

I should wait to get vaccinated so that I'm covered through the end of the season

### FACT

People should get a flu shot as soon as they are available because it takes about two weeks for antibodies to develop.

### MYTH

Women who are pregnant should not get a flu shot.

### FACT

Flu vaccination helps protect women during and after pregnancy.