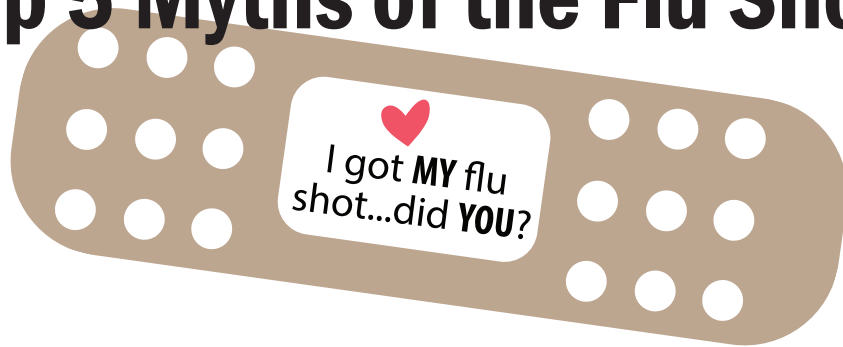


Fact vs Fiction: The Top 5 Myths of the Flu Shot



1

FICTION:
GETTING A FLU SHOT WILL GIVE YOU THE FLU.

FACT:

The flu vaccine will not make you sick. Flu shots are made with either inactivated (killed) viruses, or with only a single protein from the flu virus, which is not enough to make you sick.

2

FICTION:
THERE ARE HARMFUL SIDE EFFECTS.

FACT:

You may experience a slight fever, muscle aches or a headache, but the symptoms are far less than developing the flu itself.

3

FICTION:
I GOT A FLU SHOT LAST YEAR, SO I CAN SKIP GETTING ONE THIS SEASON.

FACT:

Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. The CDC recommends a yearly flu vaccine for everyone six months of age and older.

4

FICTION:
THE FLU VACCINE IS NOT EFFECTIVE.

FACT:

While it is not 100% effective, a flu vaccination can reduce the risk of flu-associated illness and hospitalizations, especially for those with chronic health conditions.

5

FICTION:
I DON'T NEED A FLU SHOT BECAUSE I WEAR A MASK.

FACT:

Wearing a mask is essential to stopping the spread of COVID-19, but does not mean you can't get the flu. The CDC believes it's likely that the flu and the virus that causes COVID-19 will both be circulating. For this reason, getting a flu vaccine is imperative.

This year, it's more important than ever to get your flu shot. Contact your primary care provider and protect yourself and your loved ones by getting vaccinated. Need a physician? Call 914-849-MyMD or visit wphospital.org.