



FLU MYTHS AND FACTS



- ✘ **MYTH:** The flu shot can give me the flu
- 👉 **FACT:** Flu viruses used in flu shots are inactivated, so they can't cause infection

- ✘ **MYTH:** I should wait to get vaccinated so that I am covered through the end of the season
- 👉 **FACT:** People should get a flu shot as soon as they are available because it takes about 2 weeks for antibodies to develop. The flu "season" lasts from September to May

- ✘ **MYTH:** It is better to get the flu than to get a flu vaccine
- 👉 **FACT:** 200,000 people go to the hospital each year because of the flu and it caused 55,000 deaths in 2015-2016

- MYTH:** Vaccines cause autism and other
- ✘ neurodevelopmental disorders
- 👉 **FACT:** Scientific studies have shown time and time again that vaccines do not cause autism or other neurodevelopmental disorders

Flu Facts:

Everyone 6 months and older needs a yearly flu vaccination, especially those with weaker immune systems:

- Adults 65+
- Pregnant women
- Young children
- People with chronic medical conditions
- Those in contact with someone who is sick

If you catch the flu after you've been vaccinated, its most likely because:

1. You were exposed to the flu before you developed protection – about 2 weeks
2. Different flu types exist. You may not be protected against all of them

For more information, visit: www.cdc.gov/flu or call 1-800-CDC-INFO

