

IMMUNIZATIONS PROTECT OUR FAMILIES & COMMUNITY

Immunizations are our best bet for protection against preventable disease and can help us live longer, healthier lives. Vaccines are among the safest, most effective and easiest ways to prevent disease, not to mention one of the most thoroughly tested medical products available in the U.S. Continuing to protect ourselves throughout our lives, i.e. flu shots, helps minimize the risk of illness or exposing others to preventable disease.

FLU MYTHS

FLU FACTS

You can get the flu from the flu vaccine.	The flu vaccine cannot give you the flu because it contains an inactivated virus. Remember, it takes your body up to two weeks to build up immunity following the flu shot.
It's not necessary for children to receive a flu shot.	Everyone 6 months and older needs to get immunized against the flu to help reduce the spread of the virus. Children are two to three times more likely to get the flu than adults because of their less-developed immune system.
The side effects of the vaccine are worse than the flu itself.	Most people who get the flu shot have no side effects or reaction . Up to 25 percent may have some redness and slight swelling at the injection site; the risk of experiencing a severe allergic reaction is less than one in 4 million .
Only older people need the flu vaccine.	The CDC recommends that everyone 6 months and older be immunized against the flu every year . It's estimated that 70-80% of flu-related deaths have occurred in people 65 years and older.
Taking vitamin C will prevent the flu.	There is no evidence that vitamin C treatments are effective against the flu. An annual flu shot is the best preventive measure to protect yourself and your family.
You do not have to get the flu vaccine every year.	Flu vaccines are updated each year to protect against the most recent and common flu strains. Annual flu vaccine is needed for optimal protection.
Healthy people don't need a flu vaccine.	The flu can be potentially serious, even deadly, for anyone, regardless of age or health status. The CDC recommends that everyone 6 months and older should be immunized.
The flu vaccine is 100% effective in preventing the flu.	The flu vaccine has been shown to reduce the risk of the flu illness by up to 60% . For example, during 2016-2017, the flu shot prevented an estimated 5.3 million flu illnesses, 2.6 million flu-associated medical visits, and 85,000 flu-associated hospitalizations.