



# DON'T MISS OUT BECAUSE YOU'RE SICK. GET YOUR FLU SHOT!

The Centers for Disease Control and Prevention (CDC), leading scientists and doctors agree: vaccinations are the best way to prevent illness. When students, teachers and families are healthy, we can continue learning, working and having fun together.

## MYTH #1

You can get the flu from the flu vaccine.

*Science says:* The flu vaccine cannot give you the flu because it contains an inactivated virus.

## MYTH #2

It is unnecessary for children to receive a flu vaccination.

*Science says:* Every healthy person 6 months and older should get vaccinated against the flu to help reduce the spread of the virus. Children are as much as 3x more likely to get sick than adults because of their less-developed immune systems. Students also spend time in classrooms and child care settings where illness can spread easily.

## MYTH #3

The side effects of the vaccine are worse than the flu itself.

*Science says:* Most people who get the flu shot have no side effects or reaction. Up to 25% may have some redness and slight swelling at the site of injection. The risk of a severe allergic reaction is less than one in four million. You are more likely to be struck by lightning, attacked by a shark or get in a car accident than have a severe reaction to a flu vaccine.

## MYTH #4

Taking vitamin C will prevent the flu.

*Science says:* There is no evidence that Vitamin C treatments are effective against the flu. An annual flu vaccination is the best preventative measure you can take to protect yourself and your family from flu.

## MYTH #5

Getting the flu vaccine every year isn't necessary.

*Science says:* Flu viruses are constantly changing, and annual vaccination is needed for optimal protection. Flu vaccines are updated each year to protect against the most recent and common flu strains.

## MYTH #6

Healthy people don't need a flu vaccine.

*Science says:* 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 get vaccinated against the flu every year. Infants younger than 6 months old are too young to be vaccinated. Protect them by getting yourself and close contacts vaccinated.