

FLU MYTHS

VS.

FLU FACTS

MYTH

THE FLU SHOT
CAN GIVE ME
THE FLU

FACT

FLU VIRUSES USED
IN FLU SHOTS ARE
INACTIVATED, SO
THEY CANNOT CAUSE
INFECTION

FACT

GETTING THE FLU SHOT
PROVIDES BENEFITS
SUCH AS THE POTENTIAL
TO REDUCE ILLNESS AND
PREVENT TIME LOST
FROM WORK

For more flu myths
and facts, go to
www.cdc.gov/flu/keyfacts.htm
or www.cdc.gov/flu/about/qa/misconceptions.htm

MYTH

VACCINES ARE
NOT PROVEN
TO PREVENT
THE FLU

FACT

IF YOU GET THE FLU
VACCINE, YOU ARE
ABOUT 60% LESS LIKELY
TO NEED TREATMENT
FOR THE FLU

MYTH

IT IS BETTER TO
GET THE FLU THAN TO
GET A FLU VACCINE

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

