

Myths and Truths About the Flu Vaccine

by Dr. Jason Dees, Chief Medical Officer

MYTH	TRUTH
A flu vaccine can give you the flu.	A flu shot will not give you the flu. While it is possible to have a short-term reaction to the immunization, a fear of getting the flu from the shot is not a reason to avoid the immunization. Getting a flu shot is your best protection during the winter months because even if you do get the flu, the immunization can reduce the severity of symptoms you experience and decrease the risk of being hospitalized because of the flu.
I was already vaccinated before, so I don't need to get a flu shot every year.	Flu vaccines are updated every year to match the constantly mutating flu viruses. It is important to get the vaccine every year.
Having the flu is just like having a bad cold.	While some flu and cold symptoms, such as a sore throat and sneezing, are the same, the flu is a serious disease that claims thousands of lives in the United States each year.
I'm healthy, so I don't need to worry.	Everyone benefits when communities are vaccinated. Also, people without symptoms can spread the flu and COVID-19 to those who are more vulnerable.

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