

Myths and Misconceptions about Flu Vaccine



Myth:

The flu vaccine makes me sick

Fact:

The flu vaccine contains inactivated (killed) or weakened influenza viruses, which means it cannot cause an infection. Common reactions to the flu vaccine can result from the body's early immune response to a foreign substance entering the body and will usually subside within two days.

Myth:

The flu vaccine is the same as the pneumonia vaccine.

Fact:

Flu and pneumonia are two different illnesses. Everyone should get a flu vaccine, and anyone 60 years and older should also get a pneumonia vaccine.

Myth:

If I'm healthy and never get sick, I don't need to get the flu vaccine.

Fact:

It is very important that everyone gets vaccinated to protect themselves and to protect those around them.

Myth:

I got a seasonal flu vaccine and still got the flu!

Facts:

1. Flu-like symptoms can be due to other illnesses
2. A person could have been exposed to the influenza viruses before their vaccination became effective
3. Not all strains of the flu are covered by the vaccination
4. The flu vaccine does not always provide adequate protection against the flu, especially among people who have weakened immune systems or people 65 years of age or older



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