

GET THE FLU VACCINE, NOT THE FLU!

Protect yourself from getting the flu this season and get the flu vaccine! The flu vaccine is updated every year to protect against the types of flu expected to be the most common.

You can get a vaccine with your primary care provider or at a health center, pharmacy, or urgent care. Some places require appointments so call ahead if possible.



COMMON QUESTIONS ABOUT FLU VACCINES

Can the flu vaccine cause the flu?

No, it is not possible for the flu vaccine to give you the flu. If you get symptoms of the flu after your vaccine, these could be common side effects such as a headache, fever, nausea or muscle aches and should only last 1-2 days. If you get sick with the flu soon after you got your flu vaccine, this is because you were exposed to the flu virus recently and the vaccine didn't have enough time to protect you from getting sick, this time.

There are two types of flu vaccines, one made with "inactivated" or killed virus and one made with "weakened" or live flu virus. Both types build protection against the flu virus, but the vaccines are made in a way that they are not able to infect you with the flu virus.

Why do some people get side effects from the vaccine?

Everyone's immune system is unique to them, so some people will get normal side effects from the flu vaccine, and some won't have any side effects. In both cases, your body is building protection against the flu virus.

You can still get the flu even after getting the flu vaccine, so what's the point in getting vaccinated?

Each year the flu vaccine is updated to protect against the types of flu virus expected to be the most common that year. However, several types of flu virus are circulating all the time. This is why people may still get the flu even though they got vaccinated.

Even though the flu vaccine does not prevent every case of flu, getting a flu vaccine is the best way to lower your chance of serious illness. Getting the flu vaccine could also make your illness milder if you do get the flu. Plus, when more people get the flu vaccine, less flu can spread throughout the community.

I am healthy and have never had the flu. Why should I get the flu vaccine?

Even healthy people can get the flu. Most will recover within a few weeks, but some people can develop complications like sinus and ear infections, pneumonia, heart, or brain inflammations. As many as 56,000 deaths occur each year due to influenza.

Is it safe for pregnant people to get the flu vaccine?

Pregnant people should especially get the flu vaccine since their immune systems are weaker than usual. A 2018 study showed that getting a flu vaccine lowered a pregnant person's risk of being hospitalized due to flu by 40%. The inactivated flu vaccine is safe at any stage of pregnancy and protects both parent and baby before and after birth.

If I don't get my flu vaccine before the winter, is it too late?

Flu viruses usually spread in the fall and winter. Most flu cases happen between December and February. It is still possible to get the flu even into the spring. Get your flu vaccine as soon as possible so you can be protected all season long.