

Get the Facts About the Flu Vaccine



A resource to help you understand the facts about the flu vaccine.

Myth	Fact
You can catch the flu from the vaccine.	The flu shot is made from a dead or inactivated virus that can't spread infection. It takes a week or two to get protection from the vaccine.
Getting the flu vaccine is all you need to do to protect yourself from the flu.	There are other steps to protect yourself during flu season: <ul style="list-style-type: none">• Avoid contact with people who have the flu.• Wash your hands frequently.• Consider taking medicine that fights off the flu if you were exposed to it before being vaccinated.
You don't need to get a flu shot every year.	The influenza virus changes (mutates) each year. So, getting vaccinated each year is important to make sure you have protection for the strains most likely to cause the flu.
Healthy people don't need to be vaccinated.	While it's especially important for people who have a chronic illness (kidney disease) to get the flu shot, anyone—even healthy folks—can benefit from being vaccinated.
The flu vaccine has many side effects.	The flu shot has one of the best safety records of any vaccine. The most common complaint is soreness and tenderness at the injection site.

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older in the United States should get the flu vaccine. According to the CDC, people with chronic kidney disease at any stage, people who have had a kidney transplant, and people who treat with dialysis are at increased risk of severe illness from flu.

www.health.harvard.edu/diseases-and-conditions/10-flu-myths

www.ucsfhealth.org/education/top-seven-flu-myths-debunked



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