

Get the facts about FLU SHOTS

MYTHS BUSTED

The flu shot will give me the flu.

The flu shot contains inactivated flu virus and can not give you the flu.

I had the flu last year, even though I got the flu shot.

Getting a flu shot is not a guarantee you will not get the flu, but it likely will reduce the severity of your illness.

I never get sick, so I don't need a flu shot.

You can still be a carrier of the flu and pass it to your family and friends. Getting the flu shot protects you as well as your loved ones and the community.

I got the flu shot last year, so I don't need one this year.

Everyone 6 months or older should get a flu shot once a year since the flu strains can change each year. The best time to get the shot is in the fall, but it is not too late to get the shot throughout the flu season.

I have a severe allergy to eggs, so I can't get the flu shot.

There are flu shots without egg products. Your doctor can help you find the right one for you.

I have COPD and will get sicker with the flu shot.

The opposite is true. Patients with COPD or asthma who get the flu are more likely to have severe flare-ups of their COPD, be hospitalized, get pneumonia, or even die. These patients are at the highest risk and should get the flu shot.

I have my asthma under control, so I don't need the flu shot.

Patients with mild or moderate asthma are at risk for serious flu complications. Because the airways are sensitive, the flu can cause inflammation leading to an asthma attack. Patients with asthma are more likely to develop pneumonia if infected with the flu.

To learn more, go to chestfoundation.org/flu