

# Should I Get a Flu Shot?



**Myth:** “The flu isn’t a serious disease.”

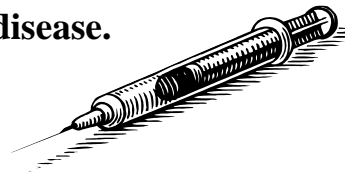
**Fact:** • **Influenza (flu) is a serious disease of the nose, throat, and lungs that can lead to pneumonia.**  
• **Each year about 200,000 people in the U.S. are hospitalized and about 36,000 die because of the flu.**

**Myth:** “The flu shot can cause the flu.”

**Fact:** **The flu shot *cannot* cause the flu. Most people who get the flu afterward were actually exposed to the flu before the shot without realizing it.**

**Myth:** “The flu shot does not work.”

**Fact:** **Flu shots are 70-90% *effective* in preventing the flu or at least reducing the symptoms. Getting the vaccine is your best protection against this disease.**



## Who should get a flu shot?

- People age 65 or older.
- People who frequently spend time in crowded situations (shelters, bus...)
- People who reside in a nursing home or chronic care facility.
- People who have chronic health conditions.
- People with depressed immune systems (diabetes, AIDS/HIV, TB, chemotherapy)
- Pregnant women in 2<sup>nd</sup> or 3<sup>rd</sup> trimester.
- *People who work or spend time with others who are at high risk for flu!*

## Who should NOT get a flu shot?

- People with a severe allergy to chicken eggs.
- People with a severe reaction to a past flu shot.
- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of a previous flu shot.
- Children less than 6 months old.
- If you have a fever or flu symptoms, wait until you feel better before getting the flu shot.