



Myth —————
 “There are no influenza vaccines made just for seniors...”

Fact —————
 There are two vaccines designed specifically for people 65 years of age and older. The high dose vaccine is tailored for adults over 65, and contains 4 times the amount of antigen as the regular influenza shot.⁷ The adjuvanted influenza vaccine has an adjuvant added to help enhance immune response in those 65 and older.⁸

Myth —————
 “The influenza shot can increase my risk of getting COVID-19...”

Fact —————
 There is no evidence that getting a flu vaccine increases the risk of getting COVID-19. In fact, with the risk of contracting COVID-19 as a communicable disease, it’s even more important to do everything possible, such as getting your influenza vaccine, to reduce the onset of illnesses.⁹

Myth —————
 “I got vaccinated last year. That influenza shot should be good for this year too...”

Fact —————
 Since the body’s immune response to an influenza vaccine declines over time, a yearly vaccine is the best protection. And, because flu viruses are always changing, the strains are reviewed each year and are sometimes revised to keep up with changing flu viruses.⁹

Myth —————
 “Getting sick with the flu is not that serious...”

Fact —————
 According to CDC, millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes every year.⁹ Flu symptoms, (including fever, headaches, cough, sore throat, nasal congestion, extreme tiredness and body aches), can disrupt your work, school and social life for up to two weeks.¹⁰

Myth —————
 “I could get the flu from the influenza shot...”

Fact —————
 An influenza vaccine will not give you the flu. The viral strains in injectable influenza vaccines have been inactivated, therefore are not infectious.² The viral strains in the nasal spray* vaccine are weakened so that they will not cause influenza illness.⁶

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**Protect yourself and your loved ones.
 Get vaccinated today.**

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Myth
“It’s not safe to get an influenza shot while I’m pregnant...”

Fact
Since pregnant women experience changes to their body that may affect their immune system, lungs and heart, they are especially susceptible to severe illness from flu. CDC recommends that pregnant women receive an influenza vaccine during any trimester of their pregnancy to protect themselves and their newborn babies from flu.¹

Myth
“The influenza vaccine is only necessary for the old and very young...”

Fact
The influenza vaccine is for anyone who does not want to be sick with the flu or inadvertently spread the virus to others. CDC recommends annual immunization for all people 6 months and older.²

Myth
“I’m better off taking my chances...”

Fact
Getting vaccinated is a much safer choice than taking your chances of contracting flu. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions. A flu infection can also result in serious complications, hospitalization or death.²

Myth
“It’s too late to get vaccinated. Besides, I got one last year...”

Fact
While the end of October and November are the recommended months for vaccination, getting vaccinated later in the season (December-March) can still protect you because flu season often peaks after January and can last as late as May.²

Myth
“All influenza vaccines contain the preservative mercury...”

Fact
Thimerosal is a mercury-based preservative used in multi-dose influenza vaccine vials to keep the vaccine free from contamination and to prevent the growth of microbes. Thimerosal contains ethylmercury, which is cleared from the human body more quickly than methylmercury and is therefore less likely to cause any harm. Although scientific research does not show a link between thimerosal in vaccines and autism, no childhood influenza vaccines contain thimerosal as a preservative.³

Myth
“Influenza shots don’t really work. I got the vaccine and still got the flu...”

Fact
The vaccine reduces the risk of contracting the flu by approximately 40 to 60 percent when the flu viruses are well-matched to the flu vaccine.⁴ Vaccine effectiveness is subject to such variables as:

- amount of time between vaccination and exposure to the flu
- age and health status
- match between the virus strains in the vaccine and those in circulation²

Myth
“I exercise and eat healthy, so I don’t need to get vaccinated...”

Fact
Healthy people can contract the flu since it can spread when a sick person coughs, sneezes or talks, and when touching a surface with flu virus. Even healthy people can be infected with the flu virus without showing any symptoms.⁵

Myth
“I’m afraid of needles, and influenza vaccines are only available in a shot...”

Fact
The nasal spray* influenza vaccine is approved for use in non-pregnant individuals, 2 years through 49 years of age.⁶

