**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. The adjuvanted influenza vaccine has an adjuvant added to help enhance immune response in those 65 and older.

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**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.

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**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. 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.

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**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. The viral strains in the nasal spray vaccine are weakened so that they will not cause influenza illness.

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**REFERENCES**

5. www.cdc.gov/flu/about/disease/spread.htm Accessed August 2020
**Myth**
“**It’s not safe to get an influenza shot while I’m pregnant...**”

**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.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 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

**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.⁷

**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.⁷

**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 circulation⁷