

Flu Myths and Facts

Myth:

The flu is not dangerous so I don't really need a vaccination.

Fact:

People with the flu can get very sick. Some need to go to hospital; some can die – especially elders. People with the flu can have high fever, headaches, dry cough, sore throat, muscle aches, stuffed nose, nausea, vomiting, and diarrhea.

Myth:

I have allergies, so I should not get a flu vaccine.

Fact:

Most people with allergies have no problems with a flu vaccine. Allergic reactions to the flu vaccine are extremely rare.

Myth:

The flu vaccination I got last year will still work. There is no reason not to get a flu vaccination every year.

Fact:

The flu virus changes all the time. People need a new vaccine to fight the new flu virus.

Myth:

Needles hurt so it's easier to not get a flu vaccine.

Fact:

Most people have no problems, no reactions, and no bad side effects from the flu vaccine. A few people may have short-term soreness, redness, or swelling where the needle went in. Children and youth get the flu vaccine through a nose spray.

Myth:

I can get the flu from a flu vaccination.

Fact:

The flu vaccine does not give you the flu.

Myth:

I can still get the flu even if I get a flu vaccine.

Fact:

The flu vaccine prevents people from getting the most dangerous flu. People can still get a cold or upset stomach, caused by different viruses.

Myth:

Healthy people don't need a flu vaccination.

Fact:

Healthy people can get the flu. And anyone can easily give the flu to others even before they feel sick.

Myth:

I am pregnant, so I should not get a flu vaccine.

Fact:

The flu vaccine is totally safe for pregnant women, at any stage of pregnancy. In the second half of pregnancy, pregnant women that do not get a flu vaccine are more likely to end up in hospital if they do get the flu.

Myth:

I am breastfeeding, so I should not get a flu vaccine.

Fact:

The flu vaccination is totally safe for breastfeeding mothers and babies.

A flu vaccination protects you and the people around you.

Keep the flu from spreading – get a flu vaccination.

I got my flu vaccination to protect you! Did you get yours?



For more information
about the flu and you:

www.flunu.ca

