

BE A FLU FIGHTER!

Protect yourself, your family, & your community.

Why get a flu shot?

Flu vaccines can...

- ✓ Keep you from getting sick with flu.
- ✓ Reduce the risk of hospitalization.
- ✓ Protect people with chronic health conditions.
- ✓ Protect pregnant people and their babies.
- ✓ Help you experience milder symptoms if you do get sick. (1)
- ✓ Help reduce respiratory illnesses and ease the strain on our healthcare systems. (2)



CAN THE VACCINE GIVE YOU THE FLU?

No. You cannot get the flu from the flu vaccine. The vaccine contains an inactivated virus or no virus at all, so it cannot give you the flu. (3)

What are the side effects?

Most people who get the flu vaccine never have side effects. Those that do may experience redness and swelling where the shot was given, fever, headache, or muscle aches. The risk of a severe allergic reaction to the flu vaccine is less than 1 in 4,000,000. (3)

HOW TO PROTECT AGAINST FLU:

1. Get the annual flu vaccine.
2. Wash your hands often.
3. Cover your cough with your elbow to prevent spreading germs with your hands.
4. Avoid touching your eyes, nose, or mouth.
5. Clean and disinfect surfaces and objects. (5)

Are flu vaccines safe?

Yes. The flu vaccine, like all other vaccines, are continuously monitored by the Centers for Disease Control (CDC) and the Food and Drug Administration (FDA). New vaccines are carefully researched and tested in clinical trials before they are considered safe, effective, and ready for use by the general public. The flu vaccine has been used for over 50 years with good safety records. (3)



IT IS SAFE TO GET THE FLU VACCINE AT THE SAME TIME AS THE COVID-19 VACCINE. (4)



Sources:

- (1) Vaccinate Your Family <https://vaccinateyourfamily.org/vaccines-diseases/>
- (2) Families Fighting Flu <https://www.familiesfightingflu.org/faqs-the-flu-and-covid-19/>
- (3) Families Fighting Flu. Flu Vaccine FAQs. <https://www.familiesfightingflu.org/flu-vaccination/>
- (4) Centers for Disease Control and Prevention. <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#Coadministration>
- (5) Families Fighting Flu. Flu Prevention and Treatment. <https://www.familiesfightingflu.org/flu-prevention-and-treatment/>