

BE A FLU FIGHTER!

Protect yourself, your family, & your community

Pediatricians recommend children 6 mos. & older get the flu vaccine. (1)

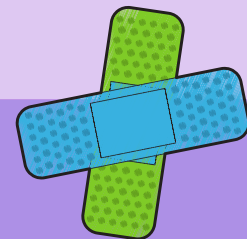
Why get a flu shot? Flu vaccines...

- Keep you from getting sick with flu
- Reduce the risk of hospitalizations for children and adults resulting from flu-associated complications
- Protect people with chronic health conditions
- Protect pregnant women and their babies from the flu
- Can encourage milder symptoms if you do get sick (2)



Are flu vaccines safe?

Yes. The flu vaccine, like all other vaccines, are continuously and regularly monitored by the CDC and the FDA. New vaccines must go through many years of rigorous research and clinical trials before they can be 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)



Does the vaccine give you the flu?

What are the side effects?

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

Most people who receive the flu vaccine never have side effects. Those that do typically experience mild side effects, like redness and slight swelling at the injection site, soreness, fever, headache, and/or muscle aches. These are common side effects that represent your body's immune response to the flu vaccine. The risk of a severe allergic reaction to the flu vaccine is less than one in 4,000,000. (3)

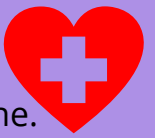


(1) American Academy of Pediatrics. <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Recommendations-for-Prevention-and-Control-of-Influenza-in-Children-2019-2020.aspx>

(2) Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/resource-center/freeresources/graphics/flu-vaccine-protects-family.htm>

(3) Families Fighting Flu. Flu Vaccine FAQs. <https://www.familiesfightingflu.org/flu-vaccination/>

What's in the flu vaccine?



- **Proteins** from eggs or animal cells used to grow the virus may be present in the vaccine.
- **Preservatives** may be used in multi-dose flu vaccine vials to prevent contamination by harmful germs like bacteria and fungi.
- **Adjuvants** may be used to stimulate the body's response to the flu vaccine.
- **Stabilizers**, like sugars or gelatin, may be used to ensure the vaccine's effectiveness during transport or storage.
- **Antibiotics** may be used to prevent contamination by bacteria during the vaccine manufacturing process.
- **Inactivating agents** are used to inactivate the flu virus that has been harvested from eggs or animal cells. Formaldehyde is an inactivating agent commonly used in flu vaccines. Although residual amounts of formaldehyde may be present in the flu vaccine, the amount is similar to, or less than, the amount found naturally in our bodies. (4)

5 Ways to Protect Against Flu:

- 1 **Get the annual flu vaccine.**
- 2 **Wash your hands often.**
- 3 **Do the elbow cough to prevent the spread of germs through touch.**
- 4 **Avoid touching your eyes, nose, or mouth.**
- 5 **Clean and disinfect surfaces or objects. (6)**

Fast Fact:

The flu vaccine reduces children's flu-related pediatric intensive care unit admission by **74%**. (5)



Visit our website, follow us on social media, and attend a free community workshop where pediatricians give evidence-based information without fear or judgment.

[boostoregon.org](https://www.boostoregon.org)



(4) Families Fighting Flu. Flu Vaccine FAQs. <https://www.familiesfightingflu.org/flu-vaccination/>

(5) Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>

(6) Families Fighting Flu. Flu Prevention and Treatment. <https://www.familiesfightingflu.org/flu-prevention-and-treatment/>