

Flu Vaccine Myths Versus Facts

Myth



Fact



Influenza is not serious, so I don't need the vaccine.

Up to 650,000 people a year can die from influenza.¹

The flu vaccine can give me the flu.

The flu vaccine contains an inactivated virus and cannot give you the flu.¹

The flu vaccine is dangerous.

The flu vaccine is proven to be safe. Severe side effects are extremely rare.¹

The flu shot doesn't work.

The flu shot prevents the flu most of the time. It reduces how sick you will get and lowers the risk of complications from having the flu.²

If I get the flu shot, I can still get the flu.

If you were already exposed to the flu virus shortly before getting vaccinated or during the two-week period after vaccination, you may still get the flu. It takes about two weeks for the body to develop antibodies for protection after vaccination.³

Healthy people don't need a flu vaccine.

Anyone can get the flu, regardless of age or health status.⁴

Flu vaccines are not needed every year.

The protection from the flu vaccine lessens over time, and yearly flu vaccines may change to fight flu viruses that are more common or dangerous for the year.⁴

The flu is the same as a common cold.

Flu can cause more severe symptoms than a cold and can cause serious or life-threatening complications.⁴

Pregnant people or people with a chronic illness shouldn't get the flu vaccine.

The CDC recommends that most people 6 months of age or older get a flu vaccination every year.⁵

I can't get the flu vaccine and the COVID-19 vaccine at the same visit.

If you are due for both vaccines, it is safe to get a flu vaccine and a COVID-19 vaccine at the same visit.⁶



References:

1. "5 myths about the flu vaccine," World Health Organization, <https://www.who.int/news-room/spotlight/influenza-are-we-ready/5-myths-about-the-flu-vaccine>.
2. "Influenza and Influenza Vaccine Myths and Reality," The Joint Commission, https://www.jointcommission.org/-/media/tjc/documents/resources/hai/jc_influenza_myths.pdf.
3. "Myths and Facts About Influenza (Flu)," National Foundation for Infectious Diseases, <https://www.nfid.org/infectious-diseases/myths-and-facts-about-influenza-for-consumers/>.
4. "Flu (Influenza)," Baltimore City Health Department, <https://health.baltimorecity.gov/flu>.
5. "Who Should and Who Should NOT Get a Flu Vaccine," Centers for Disease Control and Prevention, <https://www.cdc.gov/flu/prevent/whoshouldvax.htm>.
6. "Getting a Flu Vaccine and a COVID-19 Vaccine at the Same Time," Centers for Disease Control and Prevention, <https://www.cdc.gov/flu/prevent/coadministration.htm>.

AmeriHealth Caritas Louisiana complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, religion, or ability to pay.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004 (TTY 1-866-428-7588)**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los siete días de la semana. Para TTY, llame al **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

All images are used under license for illustrative purposes only. Any individual depicted is a model.

ACLA_243731703_1


AmeriHealth Caritas
Louisiana

www.amerihealthcaritasla.com