

KNOW
WHAT'S
TRUE
ABOUT
the
FLU!

Myths vs Facts



Know What's True about the Flu is a collaboration of the New Jersey Health Officers Association and the New Jersey Immunization Network and was funded by a grant from the New Jersey Department of Health and Senior Services.

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Myth or Fact?

I'm healthy. I don't need the flu vaccine.



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Myth:

I'm healthy. I don't need the flu vaccine.



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Myth:

I'm healthy. I don't need the flu vaccine.

Here are the Facts:

- *Vaccinations are intended to keep people healthy*
- *Children need to be vaccinated too*
- *Flu vaccines protect the body before disease strikes*
- *If you wait until you or your child gets sick, it will be too late for the vaccine to work*
- *People who have the flu can make you sick 24 hours before they even feel or look sick themselves*
- *The best way to protect yourself and your family is by getting the vaccine*

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Myth or Fact?

The flu vaccine causes the flu.



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Myth:

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Myths vs Facts

Myth:

The flu vaccine causes the flu.

Here are the **Facts:**

- *Flu vaccines are made with dead or weakened viruses*
- *It's impossible to get the flu from the flu vaccine*
- *Vaccines strengthen the immune system to protect both children and adults from getting the flu*

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Myth or Fact?

The flu vaccine will make me sick.



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Myth:

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Myth:

The flu vaccine will make me sick.

Here are the **Facts:**

- *All medications, including vaccines, can have side effects*
- *Typical side effects of the flu vaccine can include:*
 - *Soreness*
 - *Redness or swelling where the shot was given*
 - *Headache*
 - *Low grade fever*
 - *Body aches*
- *Any side effects usually begin soon after the vaccine is given, and last only 1 to 2 days*
- *Most side effects, if they occur at all, are relatively minor compared to the effects of having the flu and complications relating to the flu*

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Myth:

The flu vaccine will make me sick.

Here are the Facts:

- *In a small percentage of people, a vaccine, like any medicine, may cause allergic reactions*
- *Those who are allergic to eggs should not get the vaccine*
- *Otherwise, the risk of a vaccine causing any serious harm is extremely small*

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Myth or Fact?

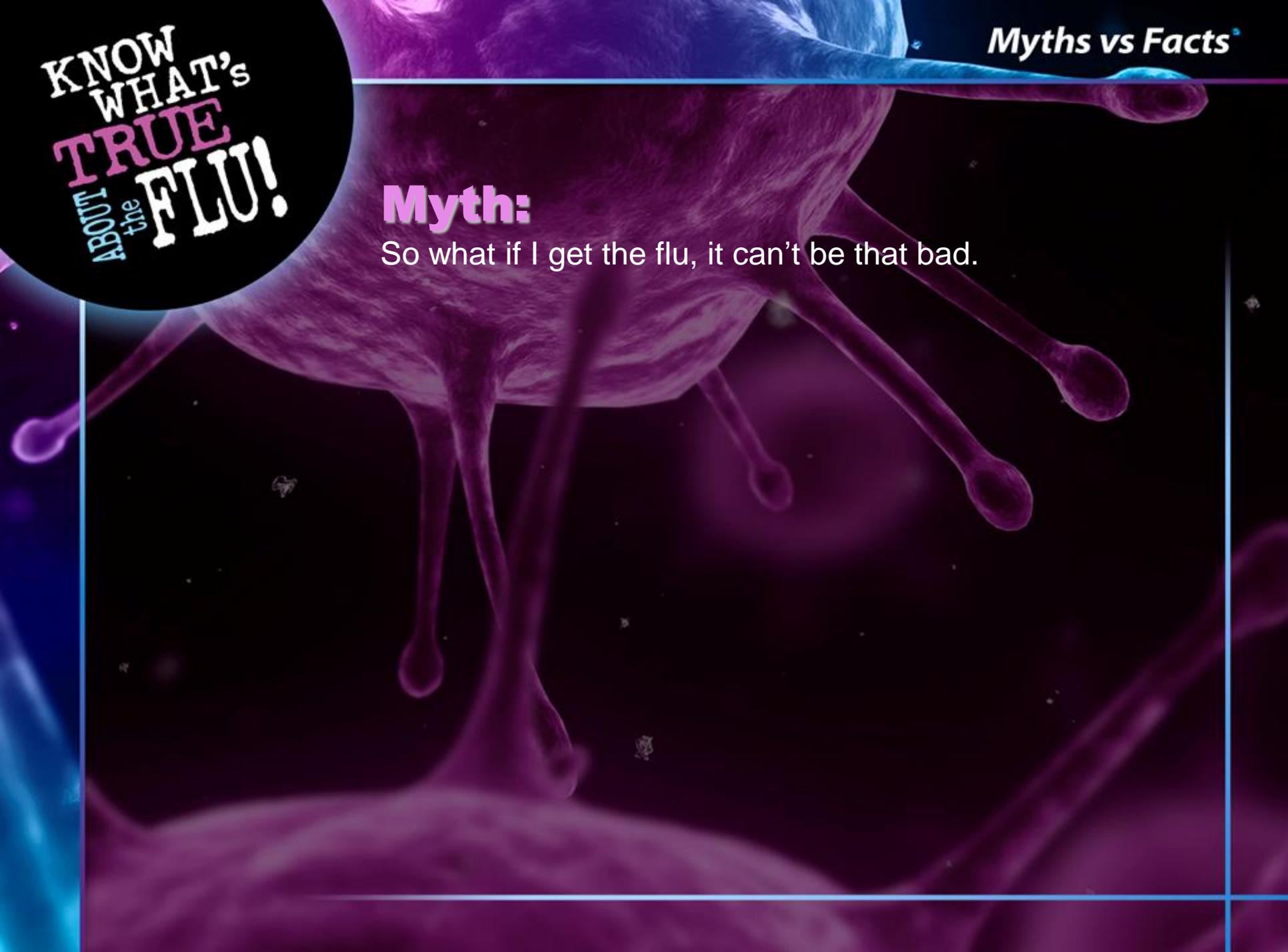
So what if I get the flu, it can't be that bad.



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Myth:

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Myth:

So what if I get the flu, it can't be that bad.

Here are the Facts:

- *The flu can make you extremely ill*
- *In some cases, complications from the flu can even kill you*
- *Typical symptoms include:*
 - *Chills*
 - *Aches*
 - *Fever*
 - *Congestion*
 - *Cough*
 - *Extreme fatigue*

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Myth:

So what if I get the flu, it can't be that bad.

Here are the **Facts:**

• *More severe cases can cause:*

- *Vomiting*
- *Diarrhea*
- *Serious respiratory problems*
- *High fever*
- *The need for hospitalization*

• *A case of the flu can last for four to five days on average, and sometimes longer*

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