

Communication 101

Common Questions About Flu & Flu Vaccination

Can the flu vaccine cause the flu?

The flu vaccine cannot make you sick with flu, but you can experience mild side effects following vaccination as your body's immune system prepares to fight off future flu infections.



Why do I need to get a flu vaccine every year?

There are many different strains (types of flu) that can make people sick, and these can change from year to year as flu viruses evolve. In order to keep up with this change in circulating flu strains, flu vaccines are updated annually.

Why should I care about the flu?

Anyone can be affected by flu no matter their age, health status, gender, or lifestyle. Flu can quickly cause illness and, in some cases, life-threatening complications.



Remember: It's Not 'Just' the Flu – It's a Serious Disease!

6 Ways to Protect Yourself from Flu


- 1 Get an annual flu vaccine
- 2 Wash hands often
- 3 Avoid touching eyes, nose, or mouth
- 4 Get plenty of rest
- 5 Do the elbow cough
- 6 Stay home if you don't feel well

I believe the words 'just' and 'flu' shouldn't be in the same sentence, unless it's to say, 'I just got my flu vaccine.'

- Patsy Stinchfield MS, CPNP, CIC



For more information, please visit: www.familiesfightingflu.org

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