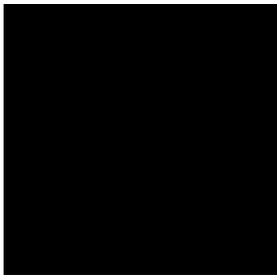


Flu shot myths: Fact or fiction?



Myth 1: Healthy people don't need

the flu vaccine.

Myth 4: It's too hard on the infant immune system to get the vaccine.

Myth 5: I can wait until later in the winter to get the flu shot. It doesn't matter when I get it.

Myth 6: The flu is only contagious once a person starts showing symptoms.

time consuming.

Get your **FLU** shot?



MYTH

Once I have the shot, I can't spread the flu!

FACT

It takes two weeks for the flu shot to be fully effective, so you can still get the flu and pass it on in that period! Even if you're vaccinated, you can transport germs from one surface to another that might infect someone else. In addition to getting the flu shot, it's important to **wash your hands** frequently in **common** surfaces and **avoid** the contact with people **who have the flu**.

5,500 Canadians hospitalized with the flu last year

Number of Canadians hospitalized with the flu last year

5 minutes

Time it takes to get the flu shot

200,000

Number of Canadians that die from the flu last year

2 weeks

Number of weeks it takes for the vaccine to be fully effective

2-7 days

Average length of the flu that coughs or sneezes for weeks

MYTH

You can get the flu from the flu shot.

0%

Your chance of getting the flu from the flu shot

FACT

The flu shot **doesn't** contain **live** vaccine so it's **impossible** to get the flu from the flu shot. **Some** people **do** experience **brief** and **mild** side effects such as **itching** or **pain** in the **arm** where you got the shot, **fatigue**, **fever**, and **headaches**.

MYTH

If I never get sick, so I don't need the flu shot.

1-2 days

Number of days the flu could spread before showing the symptoms

FACT

Even if you don't show symptoms, you can get the flu and pass it on to someone **valuable** to you. **Older** people with existing illnesses are at **higher** risk of developing **serious** complications, **even** if you're young. **By** protecting yourself, you're **protecting** them too.

Hawthorn Hill Health Sciences

The flu is just one of many infections we can all help prevent. Follow these tips to stop the spread of germs:

