Learn the Facts About Flu Vaccine!

Is the flu vaccine safe?

- The flu vaccine has been around for more than 50 years
- The Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA) routinely monitor the safety of all vaccines, including flu
- New vaccines go through years of research and three phases of clinical trials before they can be deemed safe and effective by the FDA and made available to the general public

Can the flu vaccine cause the flu?

NO! The vaccine contains an inactivated virus or no flu virus at all, so it's impossible for it to give you the flu

Is the flu vaccine effective?

- The flu vaccine was found to prevent death in otherwise healthy children by as much as 65%[1]
- When well-matched with circulating strains, the flu vaccine has been shown to reduce the risk of flu illness by up to 60%[2]

What are common side effects of the vaccine?

- Common side effects can include soreness, redness, and/or swelling at the injection site; fever; headache; and/or muscle aches
- Common side effects are evidence that your body is having an immune response, which is what it's supposed to do!

How does the flu vaccine work?

- It causes your body to produce antibodies (infection-fighting cells) that enable it to fight the virus and prevent infection following exposure
- It takes two weeks after vaccination for your body to build up protection against the flu
- Even those who are healthy can get very sick from the flu or spread it to others

Why do you need a flu vaccine every year?

- Flu strains can change from year-to-year
- Protection gained from last year's vaccine can decrease over time, even if circulating flu strains haven't changed

Who needs to be vaccinated?

- CDC recommends everyone six months and older get vaccinated annually

When is an ideal time for flu vaccination?

- CDC recommends everyone receive their annual flu vaccine by the end of October

It's Not 'JUST ' the Flu - It's a Serious Disease!

Get Your Flu Vaccine Today!

To learn more, visit **www.familiesfightingflu.org**.

FAMILIES FIGHTING FLU, INC.

1. Source: Flannery et al., 2016. Influenza vaccine effectiveness against pediatric deaths: 2010 – 2014. Pediatrics Volume 139, number 5, May 2017:e20164244.
2. Source: CDC. 2017. Seasonal Influenza Vaccine Effectiveness, 2005 – 2017. Available at https://www.cdc.gov/flu/professionals/vaccination/effectiveness-studies.htm.

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