Flu Facts You Should Know

You might be familiar with the flu, but it’s something serious you should be ready for.

**SHOULD EVERYONE GET A FLU SHOT?**

Yes. Everyone ages 6 months and up can get a flu shot. You can also get a flu shot if you’re pregnant. There are some rare exceptions where you shouldn’t get the flu vaccine — including if you’re allergic to the vaccine’s ingredients. Talk to your provider before your vaccine if you have Guillain-Barré syndrome.

**CAN I GET THE FLU FROM THE FLU VACCINE?**

The flu vaccine doesn’t give you the flu. You might have a mild fever, headache and fatigue after your shot, but that’s not the flu. It’s actually your body responding to the vaccine.

**CAN I STILL GET THE FLU IF I’VE BEEN VACCINATED?**

You can still get the flu after getting vaccinated. But, getting your flu shot reduces your risk of serious complications and hospitalization if you do get sick.

**IS IT POSSIBLE TO HAVE A HEART ATTACK FROM THE FLU?**

When you get the flu, it can stress out your body. This added stress can cause fatty build-up in your arteries to rupture. This can trigger a heart attack.

**DO I NEED TO GET A FLU SHOT EVERY YEAR?**

Yes. It’s important to get your flu shot every year to protect yourself and your loved ones from the flu.

**IS THE FLU DEADLY?**

Influenza is serious. At least 40,000 people around the world die from the flu each year.

**CAN EVERYONE GET THE SAME FLU SHOT?**

The CDC recommends people age 65+ get a high-dose flu vaccine.

**CAN I GET A FLU VACCINE AND COVID VACCINE AT THE SAME TIME?**

You can safely get your flu and COVID shots at the same time.

**CAN YOU SPREAD THE FLU WITHOUT KNOWING IT?**

Yes, the flu is very contagious. This means you can spread it to others if you’re infected but aren’t having any symptoms.