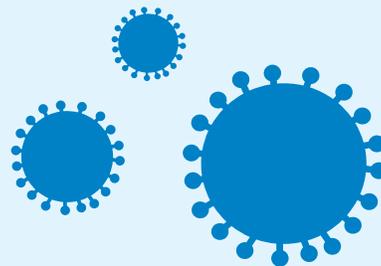


Flu Facts You Should Know

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.

DOES GETTING A FLU VACCINE HELP PROTECT YOU FROM GETTING SICK?

Yes. When you get your flu shot, you lower your risk of getting sick from the flu by 40% to 60%.

IS THE FLU DEADLY?

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



 = 1,000 Deaths/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.