

Flu Vaccine: FAQs

Why should I get the flu vaccine?

- It may keep you from getting sick with the flu.
 - In 2016-2017, flu vaccination prevented an estimated 5.3 million influenza illnesses, 2.6 million influenza associated medical visits, and 85,000 influenza associated hospitalizations.
- Helps prevent serious medical events associated with some chronic conditions like diabetes and chronic lung disease.
- Helps protect women during and after pregnancy.
- Can be lifesaving in children.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies, young children, older people, and people with certain chronic health conditions.

Who can get the flu vaccine?

- Most everyone aged 6 months and older.
- Even people with an egg allergy can get the flu vaccine. Talk to your healthcare provider first.

Who should not get the flu vaccine?

- Children younger than 6 months.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients.

When should you get the vaccine?

- Before flu season starts, by end of October. It takes two weeks before the vaccine starts to work by making antibodies against the flu virus.

Why do I need a flu vaccine every year?

- Because flu viruses are constantly changing.
- Because the flu vaccine provides the most protection for 6 months after getting the vaccine.

Can the flu vaccine give me the flu?

- NO because the flu vaccine is made from flu viruses which have been killed (inactivated).

Side effects of the flu vaccine:

- Soreness, redness, or swelling where vaccine was given
- Fever (low grade)
- Aches
- Headache
- Muscle aches
- Remember to protect yourself, your body is tricked into thinking it has the flu. That is the way the body builds up those antibodies to protect itself if it truly is exposed to the real flu.

Besides the flu vaccine, what is the best way to protect yourself from the flu?

- Practice good handwashing.
- Avoid touching your nose or mouth whenever possible.
- Avoid crowds if flu is circulating in your community.
- Use the sanitizer wipes on grocery carts, your office phone, and keyboards.



DON'T SPREAD GERMS AT WORK

If you're sick, stay home, rest, and remember to:

		
Cover your coughs and sneezes with a tissue or your sleeve.	Wash your hands often with soap and water.	Talk to your supervisor about working from home.

https://www.cdc.gov/flu/prevent/index.html?s_cid=PN-NCIRD-Flu-OY4FightFlu-AW-Search-4-Recommend&qclid=EAlalQobChMloYzWtZzC5QIVC3iGCh0Ejwz_EAAYASAAEgKohPD_BwE