

Myths about the Flu

Many misconceptions exist and persist about the effectiveness and safety of the flu vaccine. The fact is, these vaccines are safe and effective for most people, but unfortunately, too many people do not get vaccinated because of the fear of getting ill from the vaccine. The following are common myths, misconceptions and facts flu:

Myth: The flu vaccine actually causes the flu illness instead of preventing it.

Fact: Most influenza vaccines are made from inactivated viruses and cannot cause the flu illness.

The viruses in flu vaccines are either killed (when you receive the flu shot) or weakened when you receive the nasal spray. The flu vaccines prepare your body's defenses for a potential exposure to an actual flu virus.

Myth: The flu is not a serious disease, so I don't need to get the flu shot.

Fact: Influenza is the most frequent cause of death from a vaccine-preventable disease in the United States

Influenza is highly contagious. Flu seasons are unpredictable and can be severe. "Over a period of 30 years, between 1976 and 2006, estimates of flu associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people."

Myth: You should not get the flu shot because the shot may not cover current strains of flu.

Fact: Getting the vaccine each year provides protection of strains that are in the vaccine. This means that those who are vaccinated and subsequently exposed to the same strain are likely to be protected from illness including hospitalization and death, if they contract the flu.

The vaccine is thoroughly tested and remains the safest and most effective means to prevent infection.

The influenza vaccine remains the best and most viable option for the people to protect themselves from this highly contagious and at times deadly disease.

Source:
<http://www.cdc.gov/flu/keyfacts.htm>