

Please Post Until December 2009

Don't get flu. Don't spread flu.
Get Vaccinated.

Flu Vaccine Facts & Myths

Visit the Flu Tent at
Eskind Biomedical Library

September 21st-October 2nd

7am-6pm

New to Flu Vaccine? Come by and get a prize!

Visit
occupationalhealth.vanderbilt.edu
or call 936-0955
to find a convenient location
to get your flu shot.

MYTH

"The flu isn't a serious disease."

FACTS

Influenza (flu) is a serious disease of the nose, throat, and lungs, and it can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older.

MYTH

"The flu shot can cause the flu."

FACTS

The flu shot cannot cause the flu. Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare.

MYTH

"The flu shot does not work."

FACTS

Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. Getting the vaccine is your best protection against this disease.

MYTH

"The side effects are worse than the flu."

FACTS

The worst side effect you're likely to get from a flu shot is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

MYTH

"Only older people need a flu vaccine."

FACTS

Adults and children with conditions like asthma, diabetes, heart disease, and kidney disease need to get a flu shot. Also, all healthcare workers should get a flu vaccine each year.

MYTH

"You must get the flu vaccine before December."

FACTS

Flu vaccine can be given before or during the flu season. The best time to get vaccinated is September, October or November. But you can get vaccinated in December or later.


Occupational Health Clinic
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