

ARE YOU MYTH-INFORMED

ABOUT THE FLU VACCINE?

HERE ARE THE FACTS YOUR DOCTOR WANTS YOU TO KNOW.

MYTH

THE FLU ISN'T A SERIOUS DISEASE.



FACT

Each year in Canada, about 3,500 people die from the flu or complications, such as pneumonia.

Seasonal flu in people considered to be 'high risk', such as people who are over 65 or those with underlying health conditions, can lead to more serious health concerns.

MYTH

THE FLU SHOT OFTEN CAUSES SERIOUS SIDE EFFECTS.

FACT

The benefits of the flu vaccine far outweigh the risks.

The most common side effect from the flu vaccine is soreness at the site of injection. Other possible but less common side effects, such as fever, fatigue, and muscle aches are usually mild. Severe reactions are very rare. In fact, the risk of serious complications from the flu itself is far greater.



MYTH

THE FLU VACCINE DOESN'T WORK.

FACT

Vaccination helps prevent the flu and reduces the risk of spreading it to others.

It is true that some people who get vaccinated still get sick. Because each person is different, about 10 to 15% of people vaccinated won't develop immunity to the flu. However, vaccination can still help reduce the severity of the flu in these people.

Today, 4-strain flu vaccines help protect you against four of the flu strains that may be circulating. So your risk of getting the flu or passing it along to others is further reduced.



MYTH

THE FLU SHOT CAN GIVE YOU THE FLU.

FACT

The flu shot cannot give you the flu.

The vaccine contains dead influenza viruses and they cannot cause infection.



**IT'S YOUR HEALTH. TRUST IT TO THE EXPERTS.
TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE FLU VACCINE TODAY.**

The flu vaccine may not be suitable for everyone and side effects may occur. Vaccination may not protect all individuals and 100% protection cannot be guaranteed. Flu vaccines are not intended to treat the flu or its complications. Ask your healthcare provider if vaccination is suitable for you.