



# Get the facts about the flu vaccine.

The best way to prevent against influenza (flu) is to get a flu vaccine every flu season. While some people who get vaccinated still get sick, flu vaccination usually reduces the severity of illness.



*If I get the flu shot, it will protect me from getting COVID-19.*

*If I get the flu shot, it will increase my chances of getting COVID-19.*

*The flu vaccine can cause you to get the flu.*

*I got a flu shot last year. I don't need one again.*

*It's better to get sick with the flu than get the vaccine.*

*I already had the stomach flu recently, so I don't need the flu shot.*

*Many people have allergic reactions or die from the flu vaccine.*

*I am pregnant and afraid the flu vaccine will hurt me or my baby.*



**Activate Healthcare and Paladina Health recommend everyone six months and older get a flu vaccine yearly.**

Influenza (flu) and COVID-19 are both respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Initially, symptoms of flu and COVID-19 are similar.

While it's not possible to say with certainty what will happen in the fall and winter, likely flu virus and COVID-19 will both be spreading. This year, getting a flu vaccine will be more important than ever.

The vaccine only contains one gene of a flu virus or inactivated flu viruses, which CANNOT be infectious or cause illness.

- + Flu viruses' strains change every year.
- + Protection from a flu vaccine declines over time.
- + Yearly vaccination is needed for the best protection.

Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Getting vaccinated is a safer choice than risking illness.

Vomiting, diarrhea and being nauseous or "sick to your stomach" can sometimes be related to flu — more commonly in children than adults. These problems are rarely the main symptoms of influenza. Flu is a respiratory disease and not a stomach or intestinal disease.

Serious allergic reactions to flu vaccines are very rare, usually within a few hours after vaccination. While these reactions can be life-threatening, effective treatments are available.

Vaccinating pregnant women helps protect them from flu illness and hospitalization. Flu vaccines protect the baby from flu infection for several months after birth, before the baby can be vaccinated.