

# Send holiday cheer to everyone you

# love — not the flu.



Ahhh the holidays! You shop. You entertain. And then you race around to care for your elderly parents, keep up with your children, and cuddle your grandchildren. The action never stops—unless you get the flu. When you have the flu you put everyone near you in danger, especially older family members and friends. The flu doesn't harm just frail, elderly people. It can harm anyone.

## Get the flu facts.

**FALSE**

**The shot can give you the flu.**

Flu vaccines are made from *killed* influenza viruses. These cannot give you the flu.

**MAYBE**

**I got a flu shot once, and still got sick.**

This can happen, but your illness wasn't caused by the flu shot. Other viruses, including other strains of the flu virus, circulate during the flu season. These can, and do, cause people to get sick.

**FALSE**

**The vaccine isn't 100% effective, so I'm better off getting the flu.**

It is true that the vaccine isn't 100% effective. However, if you get a flu shot but still get the flu, you are likely to be far less sick than you would have been without the protection. Also, your chances of severe complications and death are greatly reduced.

**FALSE**

**The side effects are worse than the flu.**

The worst side effect you're likely to get is a sore arm. The risk of injury or death from a rare allergic reaction is far less than the risk of severe complications from influenza.

**TRUE**

**Not everyone can take the shot.**

People who are allergic to eggs (used in making the vaccine); currently have a severe, acute illness; or who have had a severe reaction to the flu vaccine in the past, might not be able to get this protection. They depend on you to get vaccinated and stay healthy so they won't get sick.

**The flu is more than the sniffles.**

You can get a flu shot throughout most of the flu season. But why wait? The flu is more than the sniffles. It can lead to pneumonia. In fact, complications from the flu kill more than 20,000 Americans each year and cause more than 100,000 to be hospitalized. The best protection you can get, and give, is a flu shot.

**Take control!**

Remind your health care provider to give you the shot. Don't wait to be told you need the protection.



For more information, call the  
CDC Immunization Hot Line  
English: 1-800-232-2522  
Español: 1-800-232-0233