



## Flu Myths and Facts

### 1. A flu vaccine can't give you the flu.

TRUE: The flu vaccine cannot cause flu illness. The virus in the vaccine are either killed (flu shot) or weakened (nasal spray vaccine).

### 2. The “stomach flu” and influenza are the same thing.

FALSE: Stomach flu is also known as stomach or intestinal disease. The flu is a respiratory (lung) disease.

### 3. People should be vaccinated against the flu each and every year.

TRUE: Yes, for 2 reasons. First, new flu vaccines are made each year and often improved to fight against the three viruses research suggests will be most common. Second, immunity goes down over time, so a yearly shot is required for protection.



### 4. Washing your hands is the best thing you can do to protect against the flu.

FALSE: It is advised that a flu shot is the first step in protecting against the flu. Actions like covering your cough and washing your hands often are vital steps that can help stop the spread of germs.

### 5. The flu is typically spread through coughs and/or sneezes.

TRUE: Yes, the flu is spread through coughs and sneezes.

### 6. The flu is not serious illness.

FALSE: Flu is a serious disease that causes illness. Some people are hospitalized. Deaths happen each year in the U. S.

### 7. You can spread the flu to others before you have symptoms.

TRUE: Most healthy adults may be able to spread the illness to others starting 1 day before symptoms start and up to 5-7 days after getting sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

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