FACTS.FACTS.FACTS

RESPIRATORY HEALTH ASSOCIATION℠
of Metropolitan Chicago

Influenza (Flu) Myths

Myth #1: Flu shots cause the flu.

Fact: The flu vaccine used in the United States is made from inactivated viruses that cannot cause the flu.

Myth #2: Flu is merely a nuisance.

Fact: Flu is a major cause of illness and death in the United States and leads to an average of about 36,000 deaths and 114,000 hospitalizations per year.

Myth #3: Flu shots don't work.

Fact: Flu shots are very effective in reducing illness, but they do not prevent the common cold, which is often confused with the flu.

Myth #4: There is no need to get a flu shot every year.

Fact: Flu viruses are constantly changing. Generally, new influenza virus strains circulate every flu season. The vaccine is changed every year to adapt to the virus and it is therefore important to get a flu shot each year.

Myth #5: Flu shots are only for older people.

Fact: Anyone who wants to avoid the flu should be vaccinated. Because flu is highly contagious, it is important for people to have a flu shot to avoid spreading the flu to those who are at especially high risk, such as older people or those with chronic diseases.

Myth #6: I can't get the flu shot because I am pregnant.

Fact: All women who will be pregnant during the flu season should get a flu shot. Flu shots do not affect breastfeeding for the mother or child.

Chicago's Lung Health Leader Since 1906

1440 W. Washington Blvd.
Chicago, IL 60607-1878
Phone: (312) 243-2000
Fax: (312) 243-3954
www.lungchicago.org

Free or low cost flu shots are available. To learn more contact:
Respiratory Health Association of Metropolitan Chicago
www.lungchicago.org or phone (312) 243-2000