

5 Reasons Why You *Should* Get a Flu Shot.

- 1.** Flu vaccination can **keep you from getting sick** with flu.



- 2.** Vaccination helps **protect women during and after pregnancy.**



- 3.** Flu vaccine can **be life-saving in children.**



- 4.** Flu vaccination **reduces the severity of symptoms** if you were to get sick.

- 5.** Getting vaccinated yourself may also **Protect people you love** that you are around, like babies and young children, older people and people with certain chronic health conditions.



The TRUTH about flu Vaccines

Question: Can a flu vaccine give you the flu?

Answer: No, flu vaccines cannot cause flu illness. The vaccine contains flu viruses that have been 'inactivated' (killed) and that therefore are not infectious

Question: Why do some people not feel well after getting the seasonal flu vaccine?

Answer: Some people report having mild reactions to flu vaccination just as a small child would after receive their immunization shots. The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given.