Myths About The Flu Shot

Myth: You can only get the flu in the winter.
Flu season begins in September and typically gets worse between October and January. It continues as late as May.

Myth: I hear the flu shot is not effective this year.
The effectiveness of the flu shot can vary from year to year. But, the important thing to keep in mind is that it can still lower your chances of getting sick. A flu shot can also reduce the severity of flu symptoms if you do get sick, which can help prevent a hospitalization.

Myth: I might get the flu from the flu shot.
You cannot get the flu from the flu vaccine. You might experience some mild symptoms such as soreness at the site of the injection.

Myth: There are no benefits from getting a flu shot so I don't need one every year.
You should get your flu shot every year. It helps protect you and those around you who are vulnerable to the flu including the elderly, children, and those with weakened immune systems.

Myth: I don’t need a flu shot this year because the risk is from COVID-19.
Experts agree that it is critical to get a flu shot this year more than ever during the pandemic. The flu shot does not protect against COVID-19. But, it can help keep you and those around you healthier, which is especially important during the pandemic.