

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.



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