

# Facts About the Flu Vaccine



## *Why are we concerned about the flu?*

The flu is a serious illness caused by a virus that can make people very sick. It spreads person-to-person through coughing, sneezing, or talking.

## *Is the flu vaccine safe?*

Flu shots have been carefully tested and are **very** safe.

## *Can you get the flu from a flu vaccine?*

No! The injectable flu shot does not have any live virus, so it can't give you the flu. The nasal spray flu vaccine contains very weakened live viruses, too weak to cause the flu.

Since it takes up to 2 weeks for your body to build full protection after the vaccine, it is possible to get the flu during that time.

Any side effects from the vaccine — like mild soreness, headache, or a low grade fever— are short-term and **not** the flu.

## *Do you need the flu vaccine if you are young and healthy?*

Anyone can get the flu. The Centers for Disease Control (CDC) recommend that **everyone 6 months and older** get the flu vaccine:

- Healthy people
- Those at higher risk for getting very sick from the flu:
  - children under the age of 5
  - pregnant women
  - people over 65
  - people with chronic health problems like asthma and diabetes
- People who live with or care for those at high-risk

*For more information go to:* [www.cdc.gov/flu](http://www.cdc.gov/flu)

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