



Common Flu Vaccination Misconceptions

1. **“Getting the flu shot gave me the flu”**

a. The flu vaccination can't cause flu illness

2. **“The flu isn't that serious”**

a. *The flu is a serious disease among children, older adults, and those immunocompromised.*

3. **“I'm healthy, so I don't need the flu shot”**

a. *Everyone benefits from a flu shot as it helps protect against severe symptoms.*

Protect yourself and those around you → schedule your flu shot today

Information Adapted from Harvard Health Publishing