

FLU SHOT MYTHS DEBUNKED

Stay healthy this flu season

Most people have an opinion about the flu vaccine. Getting vaccinated is the best way to prevent seasonal flu but there's a lot of misinformation out there.

Let's debunk several of the top flu myths:

MYTH: The flu vaccine can give you the flu

Fact: Simply put, the flu shot cannot give you the flu. The flu vaccine does not contain active particles. Only the nasal flu vaccine has the live virus but it is an attenuated strain, or weakened strain, and cannot make you ill. However, it is common to have mild side effects including soreness and swelling at the injection site, slight headaches or muscle aches. Many people do not experience any side effects at all. It can take up to two weeks after receiving the vaccine to develop immunity.

MYTH: I got the flu even with the shot, so it must not work

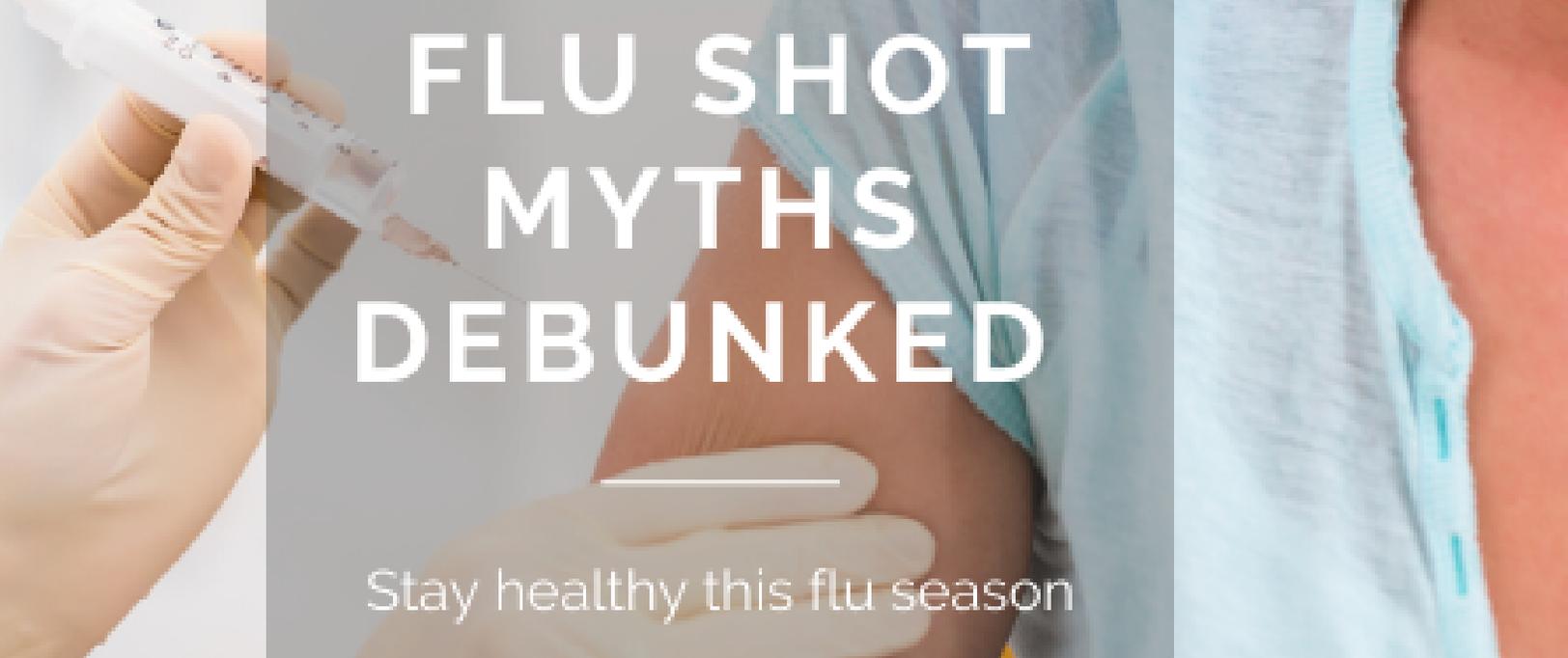
Fact: The flu strains vary each year so it's possible you became infected with a virus that was not covered by the strains in this year's vaccine. Nevertheless, if you do become ill after receiving your shot, the vaccination will decrease the severity of your symptoms.

MYTH: I received my vaccine last year, I don't need it again

Fact: The influenza virus undergoes mutations every year so the strains that are currently active are not likely to be the same as the previous year. Getting an annual vaccine will provide the best protection against the virus.

MYTH: I never get the flu, I don't need the shot

Fact: Although you've been lucky in the past, it doesn't guarantee you won't get the flu in the future. Approximately 10% of the population get the flu in a given flu season. Flu strains change each year and you are at risk every year you do not get the shot.



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MYTH: Getting the flu is no big deal, it's not dangerous

Fact: According to the CDC, the flu has resulted in between 9 million to 45 million illnesses, between 140,000 to 810,000 hospitalizations and between 12,000 to 61,000 deaths annually since 2010. The flu can be especially dangerous for older adults and those with chronic health conditions such as diabetes, asthma or heart disease.

MYTH: Pregnant women and Immunocompromised patients should avoid getting the shot

Fact: The flu vaccine is safe for pregnant women and the CDC recommends the vaccine be administered by injection, not the nasal spray. Moms-to-be are at a higher risk of serious complications from influenza and the shot can protect your baby from the flu after delivery. People who are immunosuppressed due to any cause should discuss which vaccine is right for them with their physician.

Getting vaccinated is safe and the flu shot not only protects you but those around you from getting sick. The flu shot is fast, easy and usually covered by insurance. Ready to schedule your shot?

Don't delay, schedule an appointment today!

Adult patients: (914) 723-8100

Pediatric patients: (914) 989-1111

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