



Get the facts about the flu vaccine, and protect yourself and your family.

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization or even death. The flu vaccine is an important preventive tool, especially for young children, the elderly and people with chronic health conditions. While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



If I get the flu shot, it will protect me from getting COVID-19.

If I get the flu shot, it will increase my chances of getting COVID-19.

The flu vaccine contains the virus and can cause you to get the flu.

I got a flu shot last year. I don't need one again.

It's better to get sick with the flu than get the vaccine.

I already had the stomach flu recently, so I don't need the flu shot.

Many people have allergic reactions or die from the flu vaccine.

I am pregnant and afraid the flu vaccine will hurt me or my baby.



Activate Healthcare and Paladina Health recommend everyone six months and older get a flu vaccine yearly.

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever.

The vaccine only contains one gene of a flu virus or inactivated or weakened flu viruses, which CANNOT be infectious or cause illness.

Flu viruses' strains change every year. Yearly flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season. Also, your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

While vomiting, diarrhea and being nauseous or "sick to your stomach" can sometimes be related to flu — more commonly in children than adults — these problems are rarely the main symptoms of influenza. Flu is a respiratory disease and not a stomach or intestinal disease.

Serious allergic reactions to flu vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after vaccination. While these reactions can be life-threatening, effective treatments are available.

Vaccinating pregnant women helps protect them from flu illness and hospitalization. It also helps protect the baby from flu infection for several months after birth, before the baby can be vaccinated.