



5 Myths About the Flu Shot

Myth #1: The flu shot gives you the flu.

No, the flu vaccine cannot give you the flu. While some of the side effects are similar to the symptoms of flu (e.g. muscle aches or mild fever), it's your body figuring out what to do because of a similar stimuli, not because it's fighting an active virus. Side effects may last 1-2 days, but the actual flu virus lasts longer.

Myth #2: I don't need the flu shot every year. I am healthy, so I already have the necessary antibodies.

We strongly recommend getting the flu shot every year. The flu virus is constantly changing, and so is the flu shot. Each year's flu shot is different, protecting you from different strains of flu.

Myth #4: The flu shot can make it easier for you to get COVID-19.

There is no evidence linking the flu shot to coronaviruses, including COVID-19. There was a study circulating that claimed a connection, but this study's findings were later found to be incorrect. Also, the original study wasn't studying flu vaccines and COVID-19, but rather, other seasonal coronaviruses, not COVID-19.

Myth #3: The flu shot doesn't work. I still got the flu last year.

It is possible to still get the flu after getting the vaccine: You may have caught a strain that wasn't covered for that year.

We still recommend getting the flu shot because your symptoms were and are likely to be less severe with the flu shot than without.

Myth #5: I should wait until later to make my shot last longer.

We do not recommend waiting because the circulation of flu viruses is unpredictable. It's best to get the flu shot when you can, let your body adjust and get protected. Thinking that you should wait until you're planning on being around a lot of people ignores the random interactions that can still lead to infection.

**CONTACT US AND
GET YOUR FLU SHOT!**

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