

# Myth Busters!

## Get the Facts about the Flu!

1. "If people around me aren't sick, I won't get the flu." **False!**

People can carry the flu even if they are not sick.

2. "Getting a flu shot gives you the flu." **False!**

The flu shot has only inactive flu virus in it. **A flu shot can't give you the flu.**

3. "Flu shots hurt and make you sick." **False!**

You will feel a pinch. You might feel sore, or a little achy and feverish later. **Most people have no reaction at all.**

4. "I had a flu shot last year, so I don't need one." **False!**

The flu virus changes every year.

5. "I didn't get a shot in October, so it's too late." **False!**

**Get a flu shot as early as possible between October and March.**

# Get Your Flu Shot!

No matter who you are, you can get the flu! **Make sure to get the flu shot every year!**



For the full video and more information, go to <http://ddssafety.net/health/preventive-health/fighting-flu-and-pneumonia>

# Be Flu-Free!

## Get Your Flu Shot Today!



CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES



## What Is the Flu Shot?

The flu shot is the best way to protect against influenza (flu). The flu is a contagious disease that can lead to serious illness, hospitalization, and even death.

## Who Needs the Flu Shot

- Everyone 6 months or older should get a flu shot.
- People with health conditions like asthma, diabetes, or heart disease should get a flu shot.

## Who Shouldn't Get It

People with chicken egg allergies or who have had bad reactions to a flu shot in the past.



## When to Get It

- Get a flu shot as early as possible, between October and March.
- It is important to get a flu shot every year! The flu virus is always changing.

## What to Expect

- The flu shot **does not** give you the flu.
- Flu shots feel like **a slight pinch**.
- After getting a flu shot, you may feel achy or feverish for a day or so. **Most people have no reaction at all!**

For more information on flu shots, go to the DDS SafetyNet: <http://ddssafety.net/health/preventive-health/fighting-flu-and-pneumonia>

## Where to Get It

To get a flu shot, ask:

- Your doctor
- The county health department
- A pharmacy (like Walgreens or CVS)
- A grocery store (like Safeway, Target, Vons, Costco, or Walmart)

Go to <http://vaccine.healthmap.org/> to find places with shots near you!

How do I schedule a flu shot?

- Call a county health department, local pharmacy, or grocery store to see when they give flu shots.
- Make an appointment at your doctor's office.

Who else can I call for information?

- Call your regional center service coordinator and ask where to get a flu shot.
- Check with your insurance provider to find out if your plan covers the flu shot.

