

Communication 101

Questions About Flu & Flu Vaccination



I thought the flu isn't serious?

Thousands of healthy people die of flu each year. People who are vaccinated are less likely to be hospitalized or die from the flu.

Why do I need to get a flu vaccine every year?

There are many different strains (types of flu) that can make people sick, and these can change from year to year as flu viruses evolve. In order to keep up with this change, flu vaccines are updated annually.

Can the flu vaccine cause the flu?

Absolutely not! The flu vaccine contains a dead (inactivated) or weakened (attenuated) form of the flu virus, or sometimes even no flu virus at all, so it's impossible for it to give you the flu.

What if I am healthy?

Anyone can be affected by flu no matter their age, health status, gender, or lifestyle.

Practicing healthy habits is a must, but is not a replacement for annual flu vaccination.

When should I get myself and my family vaccinated?

It takes approximately two weeks following vaccination for your body to build up protection against the flu, so it's ideal to get vaccinated before flu starts spreading. Getting vaccinated any time before or during flu season is better than never.

What can I do if I have flu symptoms?

Get a flu test! If the test is positive, your provider may prescribe flu antivirals that make symptoms less severe and reduce your risk of hospitalization.



National Association of
Pediatric Nurse PractitionersSM

Remember: It's Not 'Just' the Flu - It's a Serious, but Preventable, Disease!
For more information, visit www.familiesfightingflu.org