

ROLL UP YOUR SLEEVES!

Still wondering if you should get your flu shot this year?

Here are some of the benefits of receiving your flu shot:

FLU VACCINATION CAN KEEP YOU FROM GETTING SICK WITH FLU

IT CAN REDUCE THE RISK OF **FLU-ASSOCIATED HOSPITALIZATION** FOR CHILDREN, WORKING AGE ADULTS, AND OLDER ADULTS



IT IS AN IMPORTANT **PREVENTIVE TOOL FOR PEOPLE** WITH CHRONIC HEALTH CONDITIONS

IT HELPS PROTECT WOMEN **DURING AND AFTER PREGNANCY**



IT CAN BE LIFESAVING **IN CHILDREN**



IT HAS BEEN SHOWN IN SEVERAL STUDIES TO REDUCE SEVERITY OF ILLNESS **IN PEOPLE WHO GET VACCINATED** BUT STILL GET SICK

GETTING VACCINATED YOURSELF MAY ALSO **PROTECT PEOPLE** 

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MYTHBUSTERS!

Top 4 Myths About The Flu Vaccine Debunked

Source: CDC and the WHO

01 MYTH

Influenza is not serious so I don't need the vaccine.

Fact: As many as 650,000 people a year can die of the flu. This only represents respiratory deaths, so the likely impact is even higher. Even healthy people can get the flu, but especially people whose immune systems are vulnerable. Most people will recover within a few weeks, but some can develop complications including sinus and ear infections, pneumonia, heart or brain inflammations.

02 MYTH

The flu vaccine can give me the flu.

Fact: The injected flu vaccine contains an inactivated virus that cannot give you influenza. If you feel achy or slightly feverish, it is a normal reaction of the immune system to the vaccine, and generally lasts only a day or two.

03 MYTH

The flu vaccine can cause severe side effects.

Fact: The flu vaccine is proven to be safe. Severe side effects are extremely rare. One in a million people may get Guillain-Barré Syndrome (GBS), which cause muscle weakness and paralysis.

04 MYTH

I had the vaccine and still got the flu, so it doesn't work.

Fact: Several flu viruses are circulating all the time, which is why people may still get the flu despite being vaccinated since the vaccine is specific to one strain. However, being vaccinated improves the chance of being protected from the flu. This is especially important to stop the virus affecting people with vulnerable immune systems.

DRIVE-THRU VACCINATION AND FLU CLINIC

Hu Hu Kam Memorial Hospital
Pediatric: (602) 528-1200 Ext. 2110

Adult: (602) 528-1200 Ext. 4012

Komatke Health Care
Pediatric/Adult: (520) 550-6060

To see an interactive calendar of flu vaccine clinics visit GRHC.ORG/FLU

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