

4 Flu Shot Myths

Myth #1: You can get the flu from the flu shot

Fact: A flu shot cannot give you the flu!

Flu vaccines that you get with a shot are made from inactive flu virus or without any virus at all, so they cannot give you flu. You may have get a runny nose or some body aches, but this is not the flu. It's a good sign that your body is doing what it is supposed to be doing—building up a defense against a possible attack. If you get sick with the flu, the virus was already in you and you would have gotten the flu with or without the vaccine.

Myth #2: You cannot get the flu if you get a flu shot.

Fact: There are hundreds of viruses that cause influenza.

The manufacturers only produce vaccine for 3-4 of the strains of virus that are out there based on what they know about which strains might be most active. So, you may get the flu even after you have the flu shot because you were not vaccinated for the strain of flu that infected you.

Myth #3: I am healthy and never get the flu so I don't need to get a flu shot.

Fact: Even healthy people get the flu, and it can be serious.

Everyone 6 months or older should get the flu shot. By getting vaccinated, we help to stop the spread of flu and can help protect other people who may be more vulnerable—like the frail elderly, people with chronic diseases, or young children.

Myth #4: Flu is just a bad cold. It's not a big deal.

Fact: Influenza, what we call flu, is a serious respiratory illness.

Flu causes many days off from work and school. People sometimes need to go the hospital to get treatment and a significant number of people die each year from the flu.

Flu Prevention Tips!

Get your flu shot! Boost your immunity! Eat well, exercise, get enough sleep, reduce stress with prayer and spiritual practice, laugh often, spend time with people you love, stay home and take care of yourself if you're not feeling well.



Top 5 Flu Prevention Tips for Faith Communities

A recent report from the Centers for Disease Control and Prevention says that most people get the flu in February. So it's important to stay vigilant and not too late to get immunized!

Here are a few things you can do in your house of worship to help keep each other healthy.

1. Teach and model healthy lifestyles of good nutrition, stress management and hygiene. Reinforce that self-care is good!
2. If your faith tradition includes rituals that involve sharing bread or other foods, or drinking from a common cup, consider arranging for individual servings.
3. Consider the fist bump when greeting each other instead of shaking hands or hugging. Bumping elbows is even better!
4. Pay special attention to the protection of the most vulnerable, like frail elderly or people with chronic illnesses. Can everyone get to the doctor or clinic to get a flu shot? Is there anyone who cannot afford a flu shot?
5. One of the best places for people to get immunized and learn more about preventing flu is in the trusted and convenient environment of their own house of worship. If you would like to host a flu clinic for your members and community, especially those who are not insured, contact Nathan Lim at Walgreens (nathan.lim@walgreens.com) and he will connect you with your local Walgreens representative who can set up a clinic in your house of worship.

Prayer: *God of healing, you create our bodies with the ability to resist infection and illness. Let us be good partners with you in keeping ourselves and others healthy. Amen.*

