

Senior Health Tips: Get the Facts!

Flu Myths & Facts



Myth:
The flu shot causes the flu.

Fact:

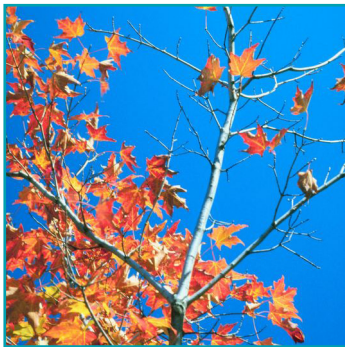
■ The viruses in the flu shot are dead, so they **can't give people the flu**. However, some people will catch a respiratory bug shortly after getting a vaccine. It takes about two weeks after getting a vaccine for the body to develop immunity.



Myth:
Antibiotics can fight the flu.

Fact:

■ Antibiotics can only fight bacterial infections. Flu is not caused by bacteria, but by a virus. So **antibiotics have absolutely no effect of any kind of flu**.



Myth:
If you don't get your shot by November, it's too late.

Fact:

■ The flu often doesn't fit its peak until February or sometimes as late as March. So **no matter the month** in fall or winter, if you haven't had your flu vaccine yet, go get it!

More Flu Facts:
<http://tiny.cc/flufact>

More Senior Health Resources:
<http://tiny.cc/srhealth>

Source: HHS. Seasonal Flu. Available at: www.flu.gov. Accessed July 13, 2012.

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